

SAN MARCOS UNIFIED SCHOOL DISTRICT

TITLE: COOL RANCH QUINOA

RECIPE # 604M

YIELD: 25 servings

MEAL COMPONENTS: 2 G

UTENSILS:	EQUIPMENT & SUPPLIES:	SERVING SIZE:
Measuring cups 1 large saucepan 1 sauté pan 2 large spoons Hotel pan(s) 1 spatula #6 Scoop	Scale	2 - #6 scoops

INGREDIENTS:

27.2 oz., 4 c.	Quinoa, dry
27.2 oz., 4 c.	Brown rice, dry
128 oz., 16 c.	Vegetable stock
7.2 oz.	Salad Oil
18.4 oz., 4 c.	Onion, diced
34.4 oz., 8 c.	Celery, diced
36.8 oz. 8 c.	Carrots, diced
4 oz.	Ranch seasoning mix

INSTRUCTIONS AND HACCP (Check temperatures with Smart Temp)

PREPARATION & COOKING (IF ANY):

1. Gather all ingredients, utensils, and equipment.
2. Measure out stock and bring to a boil in large saucepan.
3. Spray hotel pan(s) with vegelene.
4. Place quinoa and rice in hotel pan.
5. Pour boiling stock over quinoa and rice.
6. Cover hotel pans tightly with foil.
7. Bake in oven for 45-55 min. @ 325 deg. (Cook to an internal temperature of 165 deg.)
8. While the quinoa/rice mixture is cooking, add salad oil to sauté pan and place over medium heat.
9. Add onion, celery, carrots, and Ranch seasoning mix to the sauté pan and cook over medium heat, making sure to stir frequently.
10. Continue cooking the vegetables until the carrots become tender, about 20 minutes.
11. Using a spatula, add the vegetable mixture to the hotel pan(s) with the cooked quinoa/rice mixture.
12. Using a spatula, gently fold the contents of the hotel pan until thoroughly incorporated.
13. Cover hotel pan with foil and keep in the warmer until service.

PURCHASING NOTES:

Quinoa	TruRoots Organic - Sysco #05210 – 6/32oz. bags	Approx. 175 serves/cs.
Vegetable stock	Swanson's – 12-32oz/cs	Approx. 75 serves/cs.
Onion, diced	American Produce - 1 lb. bags	Approx. 12.5 serves/bag
Celery, diced	American Produce - 1 lb. bags- approx.. 3- 1/8 cups per 1 lb.	Approx. 19.5 serves/bag
Carrots, diced	American Produce - 1 lb. bags	Approx. 11.5 serves/bag
Ranch seasoning mix	Hidden Valley - 18/3.2oz.	Approx 360 serves/cs
Brown Rice	Uncle Bens #12111 25# bag	Approx. 362 serves/ bag