



## A TASTE OF INDIA RICE



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**PORTION SIZE:**  
3/4 CUP (6 OZ. SPOODLE)

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Oil, vegetable	5 oz.		1 c. 2 oz.		<ol style="list-style-type: none"> <li>Heat oil in stock pot or kettle. Add onions and cook until soft.</li> <li>Add broth, garlic, and spices to pot. Bring to boil.</li> <li>Divide rice, turkey, and vegetables evenly among pans and mix together. Divide hot broth evenly among pans. Stir.</li> <li>Cover pans and bake at 375° F for 1 hour and 30 minutes, or until rice is cooked. Fluff rice mixture then hold at 140° F until service.</li> <li>Portion 3/4 c ( 6 oz. spoodle) serving. Sprinkle 1 tbsp. toasted almonds on top of each portion.</li> </ol>
Onions, diced 1/4", RTU	2 c. 4 oz.	10 oz.	1 qt. 1 c.	1 lb. 4 oz.	
Chicken broth, reduced sodium	1 gal. 3 c.		2 gal. 1 qt. 2 c.		
Garlic, chopped	2 tbsp.		1/4 c.		
Garam masala spice	3 tbsp.		1/4 c. 2 tbsp.		
Ground ginger	2 tsp.		1 tbsp. 1 tsp.		
Jalapeño pepper, fresh, finely chopped	2 tbsp.		1/4 c.		
Rice, long grain brown, dry		5 lb. 12 oz.		11 lb. 8 oz.	
JENNIE-O® All Natural Diced Turkey Breast, #263520, thawed		4 lb. 12 oz.		9 lb. 8 oz.	
Peas and carrots, frozen	3 c. 2 oz.		1 qt. 2 1/2 c.		
<b>Optional topping</b>					
Toasted almonds, slivered	3 c. 2 oz.		1 qt. 2 1/2 c.		

1 serving provides 1 oz. meat/meat alternate, 1 serving bread/grain and 1/8 c. (Other) vegetable.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving					
Calories	322 cal	Trans Fat	0 g	Carbohydrates	44 g
Fat	9 g	Cholesterol	20 mg	Dietary Fiber	3 g
Saturated Fat	1 g	Sodium	286 mg	Protein	17 g



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