

# curried rice bake

Serving Suggestion



## curried rice bake

portion size:  
1 cup

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Carrots, shredded	3 c.	12 oz	1 qt. 2 c.	1 lb. 8 oz.	<ol style="list-style-type: none"> <li>1. Preheat oven to 375° F.</li> <li>2. Use 2 each 12" x 20" x 4" pans for 50 servings and 4 pans for 100 servings. Divide vegetables and oil evenly among pans and toss together. Roast at 375°F. for 15-20 minutes until vegetables are tender.</li> <li>3. Divide remaining ingredients evenly among pans and mix together.</li> <li>4. Cover pans and bake for 1 hour 30 minutes, or until rice is cooked. Stir rice mixture and then hold at 140°F. until service.</li> <li>5. Portion a 1 cup (2 #8 scoops) serving.</li> </ol>
Celery, diced	1 c. 2 oz.	6 oz.	2 c. 4 oz.	12 oz.	
Onions, chopped	2 c. 4 oz.	10 oz.	1 qt. 1 c.	1 lb. 4 oz	
Vegetable oil	5 oz.		1 c. 2 oz.		
Curry powder	½ c. 2 tbsp.		1 ¼ c.		
Garlic, granulated	¼ c. 1 tbsp.		½ c. 2 tbsp.		
Pepper, black	1 tbsp. 1 tsp.		2 tbsp. 2 tsp.		
Savory Turkey Crumbles FC, #6401-40, thawed		7 lbs. 8 oz.		15 lbs.	
Brown rice, long grain, dry		5 lbs. 12 oz.		11 lbs. 8 oz.	
Chicken broth, reduced sodium	1 gal. 3 c.		2 gal. 1 qt. 2 c.		

• 1 serving provides 2 oz. meat/meat alternate,  
1 serving bread grain.

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

### Nutrients Per Serving

Calories	346 cal	Trans Fat	0 g	Carbohydrates	44 g
Fat	10 g	Cholesterol	47 mg	Dietary Fiber	3 g
Saturated Fat	2 g	Sodium	554 mg	Protein	19 g