



Wild Rice Hot Dish

Adapted from: [Mille Lacs Band of Ojibwe Schools](#)

Yield: 80

Serving Size: 1 cup

USDA Meal Components: 2.5 oz meat/meat alternate, 1 oz equivalent whole grain-rich grain

Ingredients:

- 10 lbs Beef, ground, 85/15, raw
- 10 lbs Turkey, ground, 85/15, raw
- 1 qt Onions, raw, chopped
- 2 qt Celery, raw, chopped
- 5 lb, 8 oz Wild Rice
- 1 gal, 1 qt Milk, lowfat 1%, fluid
- 6 lb, 2.5 oz Cream of celery soup
- 4 #3 cans Cream of mushroom soup, condensed to prepared, healthy request
- 1 Tbsp, 1.5 tsp Garlic powder
- 1 Tbsp, 1.5 tsp Black pepper, ground

Directions:

1. Thaw ground beef and ground turkey in refrigerator up to three days prior to service.
2. Day before service: cook and cool wild rice, refrigerate. Dice onions and celery, refrigerate.
3. Day of service: brown ground beef and ground turkey in tilt skillet with diced onions and celery. Drain excess grease. Add cream soups, milk, cooked wild rice and seasonings. Heat in over to 165 degrees fahrenheit. Adjust seasonings to taste.

Notes:

- Allergens: Milk
- HACCP Process Category #2: Same day service

Nutrition Facts

80 Servings Per Recipe	Amount Per Serving
Serving Size	1 cup
Calories	415.241
Total Fat	15.051 g
Saturated Fat	5.187 g
Cholesterol	82.026 g
Sodium	565.820 mg
Total Carbohydrate	36.067 g
Dietary Fiber	2.081 g
Total Sugars	5.646 g
Protein	31.543 g

Filed Under: School