

Wild Rice Blend

Adapted from: [Mille Lacs Band of Ojibwe Schools](#) (page 7)

Yield: 325

Serving Size: ½ cup

USDA Meal Components: 1 oz equivalent whole grain rich

Ingredients:

- 1 gal, 1 qt Brown rice, dry
- 1 gal, 1 qt Wild rice, dry
- 5 gal, 1 qt Water
- 2 lb, 8 oz Chicken base
- 2 cups Onion, raw, chopped
- 3 qt Celery, raw, chopped
- 3 qt Carrots, raw, chopped
- 3 Tbsp Garlic powder
- 3 Tbsp Black pepper, ground
- 1.5 cups Parsley, dried

Directions:

1. Preheat oven to 350 degrees fahrenheit.
2. Rinse wild rice with cold water until it runs clear, stirring to help lift dirt and chafe up. Divide both rices evenly between two 8" steam pans that have been sprayed with non-stick spray.
3. Boil water and chicken base together.
4. Divide vegetables and seasonings evenly between the two pans.
5. Pour boiling stock over all ingredients evenly between the two pans. Mix to combine.
6. Cover with foil and bake in oven at 350 degrees fahrenheit for about 45 minutes or until rice is cooked.
7. Do not stir while cooking.
8. Fluff before serving.

Notes:

- HACCP Process Category #2: Same Day Service
- Critical Control Point: hold at 135 degrees fahrenheit or higher.

Nutrition Facts

325 Servings Per Recipe	Amount Per Serving
Serving Size	½ cup
Calories	96.884
Total Fat	0.84 g
Saturated Fat	0.099 g
Cholesterol	.506 mg
Sodium	91.970 mg
Total Carbohydrate	18.880 g
Dietary Fiber	1.272 g
Total Sugars	1.170 g
Protein	3.031 g

Filed Under: School