

JOLLOF RICE

YIELD: 100 servings (1/2 cup servings)

Chef Sherry Hughes

This recipe was a collaboration between Chef Sherry from Project Bread and a school nutrition cook at McAvinnue School in Lowell, Esohe, who is originally from Nigeria. Esohe suggested that an African dish would be popular with the students because many of them have roots in Africa or are familiar with the flavors already. After taste tests and edits to the original recipe, this version was served to students district-wide to great accolades.

INGREDIENTS

- Canola oil, ½ cup
- Onions, 2 pounds, diced
- Fresh ginger, 3 oz. minced
- Red bell peppers, 2 lbs, chopped
- Tomatoes, canned, 28 oz., no salt added, diced, undrained
- Tomato sauce, canned, 28 oz., no salt added
- Salt, 1 teaspoon
- Cayenne pepper, ½ teaspoon
- Paprika, ½ teaspoon
- Curry powder, ¼ cup
- Vegetable stock, 1 gallon
- Brown rice, long grain, parboiled, 1 gallon
- Fresh cilantro, 2 bunches, chopped

DIRECTIONS

1. Heat oil in a large stock pot.
2. Add onions, ginger, garlic, and bell peppers. Sauté uncovered over medium heat for about 3 minutes or until translucent.
3. Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently. Use immersion blender to puree vegetables.
4. Add stock. Stir well.
5. Divide rice among pans: for 100 servings, use 4 4 inch hotel pans.
6. Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.
7. Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes
8. Remove from oven. Fluff rice.
9. Garnish with cilantro.

RECIPE NOTES: JOLLOF RICE

CALORIES: 153 SODIUM: 193 mg; SATURATED FAT: 0; CARBS: 28 grams

Credits: 1/8 orange/red vegetable, 1 oz. grain