

JAMBALAYA

This American Creole and Cajun rice dish is of French, African, and Spanish influence, and is a flavorful combination of meats (either turkey or chicken, sausage, or seafood), vegetables and rice.

ONE 2-CUP PORTION PROVIDES:

2 oz. eq. whole grain, 2 oz. eq. meat/meat alternate, ½ cup vegetable



INGREDIENTS

INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-Grown Rice, brown, long-grained, parboiled, dry	6 ½ pounds	1. Place 3 ¼ pounds of rice into each 4-inch-deep full-sized steamtable pans. Use 2 pans for 50 servings. 2. Toss rice with seasoning. 3. Add peppers and onions, diced tomatoes, tomato sauce, chicken stock, chicken, and cooked sausage. 4. Cover pans tightly. OVEN METHOD: Cook in a 350 °F oven for approximately 90 minutes. CCP: Heat to 165 °F for at least 15 seconds. CCP: Hold for service at 135 °F or higher.
Cajun seasoning (see recipe below)		
Peppers and onions, frozen	3 ½ pounds	
Tomatoes, diced, with juice, unsalted	1 gallon 1 ½ cups	
Tomato sauce, unsalted	2 ½ quarts (80 ounces)	
Chicken stock, unsalted	5 cups (40 ounces)	
Chicken, cooked, diced (1 ½ mma/serving)	4 ¾ pounds	
Turkey sausage crumble, cooked (½ mma/serving)	1 ¾ pounds	

Green onions, cut diagonally	3 cups	5. To serve: <ul style="list-style-type: none"> • Serve two #4 scoops or dishers (level, and not packed) to serve two cups per serving. • Garnish with green onions.
Cajun Seasoning Blend		
Paprika	6 tablespoons	Combine all seasonings. <i>Note: this seasoning can be premade in bulk and stored to improve kitchen efficiency.</i>
Onion, granulated	6 tablespoons	
Garlic, granulated	6 tablespoons	
Salt, kosher	2 teaspoons	
Chili powder	4 teaspoons	
Thyme, dried	4 teaspoons	
Oregano, dried	4 teaspoons	
Pepper, black	4 teaspoons	
Mustard, dry	1 teaspoon	
Celery seed	3 tablespoons	

NUTRITION INFORMATION

1 serving = 2 cups

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	380		Total Carbohydrate	62	(g)
Total Fat	6	(g)	Dietary Fiber	6	(g)
Saturated Fat	1.5	(g)	Total Sugars	6	(g)
Cholesterol	35	(mg)	Vitamin D	0	(IU)
Sodium	270	(mg)	Calcium	30	(mg)
Protein	21	(g)	Iron	3	(mg)

NOTES

Jambalaya can be served using a variety of meats combined to be the equivalent of 2 meat/meat alternates. Try shrimp, turkey, or smoked turkey sausage.

CCP: Cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.

CCP: Reheat leftovers to 165 °F or higher for 15 seconds, within 2 hours

YIELD/VOLUME

Makes 6 gallons, 1 quart

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)





Recipe Name: Jambalaya

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 bowl

Meal Pattern Contribution

	Vegetables	Red/Orange Vegetables	$\frac{3}{8}$ cup
	Vegetables	Other Vegetables	$\frac{1}{8}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains		2.00 oz eq

1 bowl provides $\frac{1}{2}$ cup total vegetable ($\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), 2.00 oz eq meat/meat alternate, 2.00 oz eq grains

NOTE: Total creditable amount cannot exceed the serving size of the product.

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Tomato Products canned, Tomato Sauce, <i>Includes USDA Foods</i>	No. 10 Can (106 oz)	50.70	1/4 cup vegetable		0.7600	0.0000	0.7600
Tomatoes, canned, Diced, Includes USDA Foods	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice	1.0000	0.0000	1.0000

Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Celery, fresh, Trimmed	Pound	8.70	1/4 cup diced, cooked, drained vegetable	1 lb AP = 0.83 lb (about 3-1/8 cups) ready-to-cook or -serve raw celery	0.0000	0.0000	0.0000
Vegetables, Mixed, frozen, Peppers and Onions, <i>Includes USDA Foods</i>	Pound	7.71	1/4 cup cooked, drained vegetable	1 lb AP = 0.86 lb (about 1-7/8 cups) cooked, drained mixed vegetables	3.5000	0.0000	3.5000

Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidneys, <i>Includes USDA Foods</i>	Pound	16.00	1 oz cooked poultry	1 lb AP = 1.0 lb cooked chicken meat	4.7500	0.0000	4.7500
Turkey, Ground, fresh or frozen, With skin in natural proportions	Pound	11.20	1 oz cooked turkey	1 lb AP = 0.70 lb cooked, drained turkey	2.2500	0.0000	2.2500

Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
Rice (Group H) , <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	6.5000	6.5000