

Bulgur and Brown Rice Pilaf

Makes: 100 servings

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Ingredients	Weight	Measure

Directions

1. Sauté vermicelli, onion, and garlic in margarine or butter until lightly browned in a skillet over medium-high heat.
2. Add rice and bulgur and sauté.
3. In a large stock pot combine sautéed vermicelli, onion, garlic, rice, and bulgur. Add chicken stock or broth and marjoram. Stir to mix well.
4. Bring to boil, cover and simmer over low heat for approximately 30-35 minutes or until liquid is absorbed.
CCP: Heat to 135 °F or higher for at least 15 seconds.
CCP: Hold for hot service at 135 °F or higher.
5. Portion with a No. 8 (½ cup) scoop.

Source: Whole Grains Council/Sunnyland Mills

Nutrition Information

Nutrients	Amount
Calories	204
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	623 mg
Total Carbohydrate	35 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	80 mg
Iron	4 mg
Potassium	N/A
N/A - data is not available	