

SPINACH LENTIL RICE BOWL WITH MANGO SLAW

Savory lentil crumbles, beans and rice are perfect with a side of sweet mango slaw.

ONE PORTION PROVIDES:

1 cup vegetable, 2 oz. eq. meat/meat alternative, 1 oz. eq grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Lentil crumbles</i>		
Lentil crumbles, GroundPro	9 ½ pounds	1. Pre heat to 325°F. 2. In a stainless steel 2" full pan, place dried lentil crumbles (2.85 pounds or 1 bag) and hot water (2 quarts). Mix well and level the mixture. Place lid on pan and place in oven. 3. Bake in 325°F. oven for 12 minutes until all water absorbed Fluff with a fork. CCP-Minimum internal temperature should be 140°F. or above. Hot Hold: Hold at >= 140.00 °F
Water	6 quarts 2 ½ cups	
<i>Rice, brown, seasoned, with black beans and red peppers</i>		
Rice, brown, long grain, parboiled	6 ½ pounds	4. Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35
Water, hot	1 gallon, 2 quarts, 2 cups	

		minutes). Remove from steamer and keep warm (160°F). Fluff with fork before serving.
Beans, black, canned, drained	3 ¾ # 10 cans	5. Combine beans, peppers and oil in a saucepan. Cook over medium heat CCP-Minimum internal temperature should be 140°F. or above.
Peppers, red, sweet (bell), 1/4-inch diced	5 pounds	
Canola/olive oil blend	5/8 cup	
Salt, kosher, spices	2 tablespoons	6. Season hot rice and bean mixture with salt, onion powder and granulated garlic. CCP-Hold hot (140°F. or above) for service.
Onion, dry powder, spices	2 tablespoons	
Garlic, granulated, spices	2 tablespoons	
<i>Slaw, mango</i>		
Mango chunks IQF	4 pounds	7. Gently mix mango, lime juice, vinegar, salt, cilantro, cabbage and onions. 8. Cover and chill for 2 hours before serving to allow flavors to mix CCP-Hold refrigerated at internal temperature of 40°F. or below for service.
Lime juice, canned or bottled, unsweetened	5/8 cups	
Vinegar, apple cider	5/8 cups	
Salt, kosher	2 1/2 teaspoons	
Cilantro, finely chopped	2 ½ cups	
Cabbage, green, shredded	2 pounds	
Onion, yellow, raw	1 pound	
Spinach, baby leaves, raw	15 ¾ pound	9. To assemble bowl, layer the following, in order in a serving vessel. <ul style="list-style-type: none"> • 1 cup baby spinach • #8 scoop lentil crumbles • #6 scoop rice and bean mix • #8 scoop mango slaw Serve immediately.

Serving size	2 2/3 cups	Yield, weight	56 Pounds, 3 1/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	219	Total Fat (gm)	3	Vitamin A (IU)	8144	Iron (mg)	4
Protein (gm)	9	Saturated Fat (gm)	0.5	Vitamin C (mg)	92	Sodium (mg)	934
Carbohydrate (gm)	41	Cholesterol (mg)	0	Calcium (mg)	155	Dietary Fiber (gm)	8