

# Sweet & Savory Chickpea Biryani

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Biryani is a mixed rice dish popular in Indian cuisine. It's typically made with a variety of spices, rice, beans and vegetables.

Process #2- Same Day Service

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Advanced**

Ingredients	Weight	Measure	Weight	Measure
Marinara sauce, canned		1 pint		1 pint
Garbanzo beans, drained and rinsed		1 ½ gallons + 1 cup OR 2 ½ -#10 cans		3 gallons + 1 pint or 5 -#10 cans
Cauliflower florets (ready-to-use)	1 lb. 8 oz.		3 lbs.	
Sweet potatoes, cubed, cooked	4 lbs.		8 lbs.	
Cranberries, dried		1 ½ cups		1 ½ pints (3 cups)
Pumpkin puree, canned		½ - #10 can (1 ½ quarts + ¼ cup)		1-#10 can (3 quarts + ½ cup)
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Turmeric, dried		2 Tbsp.		¼ cup
Garam masala (spice blend) or Coriander powder		¼ cup		½ cup
Vegetable stock		1 gallon		2 gallons
Lemon juice		2/3 cup		1 1/3 cups
<b>Rice Preparation</b>				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		½ gallon		1 gallon
<b>Optional Ingredients</b>				
Cilantro, fresh		1 pint		1 quart
Sweet paprika		2 Tbsp.		¼ cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Prepare rice by steaming covered for approximately 15 minutes. Alternative cooking methods: a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes. OR b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Heat oven to 350°F.
3. Steam the cauliflower for approximately 5 minutes.
4. Mash the chickpeas with a potato masher, food chopper or VCM.
5. Combine marinara sauce, pumpkin puree, ginger, tumeric and stock in a bowl.
6. Add the garbanzo beans, cauliflower, sweet potatoes, cooked rice and cranberries to the above mixture and distribute evenly into steamtable pans. Stir to combine, cover with a lid and bake for 20-30 minutes. Until liquid is mostly absorbed.
7. Add garam masala and lemon juice and stir. Also cilantro and paprika can be added now if desired.



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## Continued

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HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

### Serving Information

Portion 2 cups to provide 2 meat alternates, 2 ounce equivalent grains,  $\frac{1}{8}$  cup other vegetable and  $\frac{1}{4}$  cup red orange vegetable serving.

OR

Portion 1 cup to provide 1 meat alternate, 1 ounce equivalent grains and  $\frac{1}{8}$  cup vegetable serving.

### Nutrition Information per 2 cups serving \*From USDA Nutrient Database

Calories: 441 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 86g Fiber: 14g Total Sugar: 12g Protein: 16g Sodium: 766mg Vitamin A:  
576µg Vitamin C: 19mg Calcium: 101mg Iron: 4mg Folate: 110µg

### Nutrition Information per 1 cup serving \*From USDA Nutrient Database

Calories: 221 Total Fat: 2.5g Saturated Fat: 0.5g Monounsaturated Fat: 0.5g Polyunsaturated Fat: 1g Trans Fat:  
0g Cholesterol: 0mg Carbohydrate: 43g Fiber: 7g Total Sugar: 6g Protein: 8g Sodium: 383mg Vitamin A: 288µg  
Vitamin C: 10mg Calcium: 51mg Iron: 2mg Folate: 55µg

