

Lebanese mujadara

Recipe group Entree, Mediterranean	Additional name K12 PF deck	Diet factors VG, GF, NF, SF	Portions 12	Portion size 17.30 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 1/2 cup	1 lb 15.50 oz	0%	1 lb 15.50 oz	Beans, Lentils, Brown, dry	For lentil rice: In a large mixing bowl, combine rice and lentils, rinse and soak in water (not listed) for 20 minutes.
	3 cup	1 lb 3.20 oz	0%	1 lb 3.20 oz	Rice, Brown, parboiled	



Rice & lentils soaked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	5.76 oz	0%	5.76 oz	Oil, Canola	For mujadara: In a large pot on medium heat, cook ingredients in step 2 for 10-12 minutes or until golden brown.
	6 cup	1 lb 2 oz	9%	1 lb 3.87 oz	Onions, Yellow, sliced	



Onions caramelized

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	5 cup	2 lb 8 oz	0%	2 lb 8 oz	Water	Add all ingredients in step 3, along with drained lentils and rice, mix to combine. Cover and cook for around 25-30 minutes or until rice and lentils are tender.
	2 tbsp	0.42 oz	0%	0.42 oz	Cumin, ground	
	1 1/4 tbsp	0.30 oz	0%	0.30 oz	Salt, Kosher	



Ingredients added to pan



Water added to pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	6 cup	1 lb 12.80 oz	5%	1 lb 14.32 oz	Cucumber, with peel, diced	For cucumber tomato salad: In a large mixing bowl, combine all ingredients in step 4. Cover and reserve in cooler until service.
	6 cup	3 lb 5.34 oz	0%	3 lb 5.34 oz	Tomatoes, medium dice	
	3/4 cup	1.35 oz	60%	3.35 oz	Parsley, Italian, fresh, chopped	
	3/4 cup	1.50 oz	17%	1.81 oz	Onions, Green, sliced thinly on bias	
	3/4 cup	6.03 oz	0%	6.03 oz	Dressing, Italian, fat-free	



Salad tossed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	1.46 oz	0%	1.46 oz	Onions, crispy fried	For service: Add 1 1/2 cups of mujadara into a serving bowl. Garnish with 1 tablespoon of crispy onions. Serve with 1 cup side salad.



Lebanese mujadara

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 15.66 oz	0.00 %	12 lb 15.66 oz	0.00 %	12 lb 15.66 OZ
Size of portion	17.30 oz		17.30 oz		17.30 oz

MEMO

*Optional- serve with side of plant-based yogurt, cucumber, and mint mix.

Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, ½ cup red/orange vegetable, and ¼ cup other vegetable.

