

Creamy Pumpkin Brown Rice

BY **CHEF BRIDGET COLLINS**, PROFESSIONAL CHEF AND NUTRITIONAL CONSULTANT

Roasting the pumpkin (or squash) first will help to develop an earthy, sweeter depth of flavor from the vegetable. Pureeing it will yield a creamy consistency to the dish, once you've added it to the rice, almost like a risotto. Serve this with Raw Kale Salad or Roasted Rosemary Vegetables.

- 1½ cups olive or vegetable oil
- 12 pounds fresh pumpkin or winter squash
- 2 tablespoons and 1 teaspoon salt
- 1 tablespoon ground black pepper
- 5 teaspoons ground cinnamon
- 5 teaspoons ground ginger
- 12 bay leaves
- 6 cups apple cider or apple juice

Rice

- 3 pounds finely chopped white onions
- 1½ cups olive or vegetable oil
- 10 cups dry brown rice (4 pounds)
- 32 cups chicken broth

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: ½ CUP

Preheat the oven to 450°F.

The roasted pumpkin or squash puree must be made first. Peel and seed the pumpkin or squash and then cut into ½-inch cubes. In a large bowl, combine the salt, pepper, cinnamon, ginger, bay leaves, and oil. Whisk to combine. Add in the cubes of pumpkin or winter squash. Toss to coat and spread the cubes out on to a cookie sheet or sheet pans lined with pan-liner paper or aluminum foil.

Bake the pumpkin for approximately 20 to 25 minutes or until the vegetables are slightly browned and soft. Allow the pumpkin to cool briefly. Remove all the bay leaves and discard.

Add the cooked pumpkin to a bowl of a food processor or blender along with the apple cider.

Blend this mixture until creamy. If it is too thick, add hot water a little at a time to make it smooth.

In a large stockpot, add the olive or vegetable oil and the onions. Cook over medium heat, stirring frequently until soft and translucent—do not brown them. Add the chicken broth and bring the mixture to a boil.

Add the brown rice and stir well. Reduce the heat to medium low, cover the pot, and allow the rice to cook for approximately 45 minutes. Stir frequently.

When the rice is tender and has absorbed the chicken stock, remove from heat, and add the warm pumpkin puree. Combine completely. Transfer to a serving dish or steam table pans.

NUTRITIONAL INFORMATION

CALORIES: 156; SODIUM: 617.93 MG; SATURATED FAT: 5.83%

USDA REQUIREMENTS MET

- 1/8 CUP RED OR ORANGE VEGETABLE
- 1/2 OUNCE EQUIVALENT WHOLE GRAIN