

Paella Power Bowl

Oven-baked paella-style rice prepared in a 4” hotel pan using diced or shredded chicken, par-cooked brown rice, tomato, vegetables, and a globally inspired spice blend. This method supports batch cooking, consistent yields, and controlled moisture for K-12 foodservice.

Preparation Time: 30 minutes
Cook Time: 1 hour 15 minutes

NSLP/SNP crediting information: 2 cup serving provides 3 oz eq meat/meat alternate, 1-3/8 cup total vegetable (3/8 cup additional vegetable, 3/4 cup red/orange vegetable, 1/4 cup other vegetable), 2 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Spice Mix:					
Smoked paprika		1/2 cup		1 cup	1. Preheat oven to 375°F.
Kosher salt		1/3 cup 1 Tbsp		2/3 cup 2 Tbsp	2. Combine all spices. Reserve half of the spice mix.
Paprika		1/4 cup 1/2 tsp		1/2 cup 1 tsp	
Coriander, ground		1/4 cup 1/2 tsp		1/2 cup 1 tsp	
Oregano, dried		1/4 cup 1/2 tsp		1/2 cup 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Thyme, dried		3 Tbsp 1/2 tsp		1/4 cup 2 Tbsp	
Black pepper		1/8 cup 1/4 tsp		1/4 cup 1/2 tsp	
Garlic powder		1/8 cup 1/4 tsp		1/4 cup 1/2 tsp	
Onion powder		1/8 cup 1/4 tsp		1/4 cup 1/2 tsp	
Carrots, fresh, peeled, small dice	3 lb 2 oz	1/2 gallon 1 qt	6 lb 4 oz	1 ½ gallon	3. In a large bowl, combine carrots, celery, onion, red bell pepper, garlic, oil, and tomato paste. Stir well to coat.
Celery, fresh, small dice	3 lb 2 oz	1/2 gallon 1 qt	6 lb 4 oz	1 1/2 gallon	4. Add half of the spice mix to the vegetables and mix thoroughly.
Red Onion, mature, fresh, small dice	3 lb 2 oz	1/2 gallon 1 qt	6 lb 4 oz	1 1/2 gallon	
Bell peppers, red, fresh, small dice	3 lb 2 oz	1/2 gallon 1 qt	6 lb 4 oz	1 1/2 gallon	
Garlic, fresh chopped	6.25 oz	3/4 cup	12. 5 oz	1 1/2 cup	
Vegetable Oil	5.8 oz	3/4 cup	11.6 oz	1 1/2 cup	
Tomato paste	2 lb 5 oz	1qt	4 lb 10oz	1/2 gallon	
Frozen cooked, diced or shredded chicken (USDA product)	10 lb	2 gallons	20 lb	4 gallons	5. Add diced chicken to the seasoned vegetables and mix until evenly distributed.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, dry, parboiled	7lb	1 gallon	14 lb	2 gallon	**6.** Divide the mixture between 2 (50 portions) or 4 (100 portions) full-size sheet trays and bake uncovered for 15 minutes until the onions are translucent.
Petite diced tomatoes, canned, drained	2 lb 12 oz	1 qt 1 pint	5 lb 8oz	1/2 gallon 1 qt	**7.** Carefully remove pan from oven and reduce the oven temperature to 350°F,.
Carrot, corn, and pea blend, frozen, small dice	7 lb	1 gallon 2 qts	14 lb	3 gallons	**8.** Divide the roasted vegetables evenly between 4 4-inch- hotel pans for 50 servings or 8 4-inch hotel pans for 100 servings. Add 1 qt par-cooked, dry brown rice, 1.5 c petite diced tomatoes, 1.5 qts of frozen carrot, corn, & pea blend, 2 qts of hot water and remaining spice mix (1/4 cup of the to each hotel pan). Stir to combine evenly.
Water	16 lb	2 gal	32 lb	4 gallons	**9.** Cover pan tightly with foil bake for 40 minutes or until the water is completely absorbed.
					10. Remove from oven and allow to rest for 30 minutes in a warmer at 135°F to allow the rice to steam.
					Critical Control Point: Hold at 135°F in a warmer or on the line in a steam well for service.
					11. Gently stir the mixture with a rubber spatula before portioning.

NUTRITION INFORMATION

For 2 cups (serving size)

NUTRIENTS	AMOUNT
Calories	**391**
Total Fat	**8 g**
Saturated Fat	1 g
Cholesterol	105 mg
Sodium	**744 mg**
Total Carbohydrate	**47 g**
Dietary Fiber	7 g
Total Sugars	11 g
Added Sugars included	0 g
Protein	**36 g**
Vitamin A	6337 mcg RAE
Vitamin C	39 mg
Vitamin D	0 mcg
Calcium	81 mg
Iron	3 mg
Potassium	1059 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Carrot	3 lb 13 oz	7 lb 10 oz
Celery	3 lb 13 oz	7 lb 10 oz
Onion	3 lb 9 oz	7 lb 2 oz
Bell Pepper	3 lb 15 oz	7 lb 14 oz

NOTES
Cooking Process #2 Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
Serving size: 2 cups 37 gallons 2 quarts 4 full-size 4” hotel pans (12” x 20” x 4”)	Serving size: 2 cups 75 gallons 8 full-size 4” hotel pans (12” x 20” x 4”)

SOURCE:

FY 2024 Team Nutrition Training Grant

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