



Creamy Wild Rice

Wild rice is the state grain of Minnesota. It is harvested in Northern Minnesota on the Ojibwa lands, where it grows naturally in the lakes and waterways. This form of wild rice has been an essential component of the Native American diet for many generations. It is regularly served as part of a daily meal and for special ceremonies and feasts. It is typically prepared by roasting it in a wood-fire cauldron and the final product is soft, plump, and has a nutty flavor.

CACFP CREDITING INFORMATION

¾ cup (6 oz ladle) provides 1½ oz equivalent meat, ⅓ cup vegetable, and ¾ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 350 °F.
Wild rice, uncooked	8 oz	1½ cup	1 lb	3 cup	2 Combine wild rice, brown rice, and water in a large stockpot. Stir once.
Brown rice, uncooked	11 oz	2 cup	1 lb 6 oz	1 qt	
Water	56 fl oz	1 qt 3 cup	112 fl oz	3 qt 2 cup	3 Heat on medium–high heat to a rolling boil. Cover and reduce heat to medium. Cook until water is absorbed, about 50–60 minutes. Fluff the rice gently with a fork and set aside.
					4 Preheat skillets or a tilting kettle to medium–high heat. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground turkey, fresh or frozen	3 lb 5 oz		7 lb		5 Brown ground turkey. Drain. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Onion, fresh, peeled ¼" diced	1 lb	1 qt	2 lb	2 qt	6 When ground turkey is golden brown, reduce heat to medium, add onion and celery. Continue cooking on medium heat until onions and celery are soft, about 10–15 minutes. Stir frequently.
*Celery, fresh, ¼" diced	1 lb	1 qt	2 lb	2 qt	
Cream of mushroom soup, condensed	2 lb	1 qt	4 lb	2 qt	7 Stir in rice and remaining ingredients. Bring dish to a boil and remove from heat.
Milk, non-fat (skim)		3 cup		1 qt 2 cup	
Garlic powder		¼ cup		½ cup	
Black pepper, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Nonstick cooking spray		1 spray		2 sprays	8 Lightly coat steam table pan (12" x 20" x 4") with nonstick cooking spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					9 Spread rice mixture evenly into pan(s). Cover with foil and bake for 45–50 minutes or until liquid has absorbed and dish is creamy.
					10 Serve ¾ cup (6 oz ladle).



NUTRITION INFORMATION

For ¾ cup (6 oz ladle).

NUTRIENTS	AMOUNT
Calories	230
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Total Fat	8g
Saturated Fat	3 g
Cholesterol	40 mg
Sodium	289 mg
Total Carbohydrate	23 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	16 g
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Vitamin D	N/A
Calcium	74 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 3 oz	2 lb 5 oz
Celery	1 lb 4 oz	2 lb 7 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Chef Tips

For optimal browning and taste: 1. Do not rinse ground turkey. 2. Do not crowd ground meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.

Variations

Cook rice the day before and cool in the refrigerator.
Critical Control Point: Cool to 40 °F or lower within 4 hours.

If ground turkey is frozen, defrost in the refrigerator for 1 day per 1–5 pounds.
Store raw turkey at 40 °F or lower.

YIELD/VOLUME

25 Servings	50 Servings
10 lb 11 oz	21 lb 6 oz
1 gal 3 cup	2 gal 1 qt 2 cup

