

Broccoli and Corn Casserole

Vegetable					
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 375 °F
Vegetable oil		½ cup		1 cup	2. Cut the onions in half and slice them 1/4 inch thick, spread them out on a baking sheet and drizzle with oil. Roast in the oven for 30 minutes then add corn and roast for an additional 5 minutes.
Onion	2 lbs. 4 oz.	9 cups	5 lbs. 8 oz.	18 cups	
Frozen yellow corn	3 lbs. 11 oz.	12.5 cups	7 lbs. 7 oz.	25 cups	
Unsalted butter		6 tbsp.		12 tbsp	3. Transfer the roasted corn and onions to a large mixing bowl and add the butter so that it will melt.
Broccoli	8 lbs.	33 cups	16 lbs.	66 cups	4. Add the chopped broccoli, cooked rice, eggs and spices to the onion mixture, stir to combine. *for 100 servings it would be best to do the recipe in 2 batches*
Brown rice, long grain (Cooked)	7 lbs. 5 oz.	16.5 cups	16 lbs. 7 oz.	37 cups	
Eggs		8 large		16 large	
Onion powder		1 ½ Tbsp.		3 Tbsp.	
Paprika		1 ½ Tbsp.		3 Tbsp.	
Chili powder		1 ½ Tbsp.		3 Tbsp.	
Garlic powder		1 ½ Tbsp.		3 Tbsp.	
Breadcrumbs		1 qt.		2 qt.	5. Divide casserole mixture evenly between steamtable pans and top with breadcrumbs. Bake in oven for 30 minutes or until breadcrumbs are slightly browned CCP: Heat to 135 °F or higher CCP: Hold for hot service at 135 °F or higher

Serving	Yield	Volume
1 cups of Broccoli and Corn Casserole (1 serving provides 1 cup serving of vegetables and ¼ oz equivalent of grain)	50 Servings: 50 cups	50 Servings: 2 steamtable pans (12" x 20" x 2 ½")
	100 Servings: 100 cups	100 Servings: 4 steamtable pans (12" x 20" x 2 ½")

Nutrients Per Serving					
Calories	218	Saturated Fat	1.55 g	Iron	1.59 mg
Protein	6.75 g	Cholesterol	3.66 mg	Calcium	56.64 mg
Carbohydrate	38.47 g	Vitamin A	663.17 IU	Sodium	103.36 mg
Total Fat	5.36 g	Vitamin C	57.21 mg	Dietary Fiber	4.71 g



For More Information

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