



RC Product Code: 13410

Spicy Chicken with Black Beans and Rice

with Premium Artisan Spicy Whole Grain Breaded Chicken Breast Fillet, Fully Cooked

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Serving Size: 1/2cup rice, 2/3cup beans and 1 Spicy Chicken Fillet
Yield: 100 Servings
Contribution: 2oz Meat/MA, 2oz Grain, 1/4 cup Legumes, 1/8cup other Vegetables
Smart Snack: Smart Snack Compliant



SmartSnack

Artisan

Spicy

Nutritional Information for 1/2cup Rice, 2/3cup Black Beans and 1 Spicy Chicken Fillet

Portion	1 Serving	Cholesterol (mg)	52
Calories	419	Sodium (mg)	838
Total Fat (g)	13	Total Carbohydrates (g)	47
Saturated Fat (g)	1.6	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	27

Ingredients

Amount

Instructions

Rich Chicks Artisan Spicy WG Breaded Chicken Breast Fillet	30lbs	Place 1qt. brown rice in each of 4 steam table pans. Pour 1qt. +2cups boiling water over each pan of brown rice. Stir. Cover pans tightly. Bake in 325° F convection oven for 40 minutes. Remove from oven let stand covered for 5 minutes. Stir, recover and hold for service.
Brown Rice	6lbs 4oz	Place frozen chicken fillets in single layer on sheet pan. Bake in 350° F convection oven for 10-12 minutes or until product reaches an internal temperature of 165° F.
Black Beans, Low Sodium Canned Drained And Rinsed	4 - #10 cans	Heat Canola oil in medium stock pot uncovered. Add diced onions and green peppers. Cook for 2-3 minutes or until onions become translucent.
Canola Oil	1 1/3cup + 2 Tbsp & 2 Tsp	Add garlic, cumin, Kitchen Bouquet and drained black beans. Stir constantly for 1-2 minutes.
Onions, Fresh Diced	5.5lbs	Add 1 quart of water and salt. Bring to a boil.
Green Pepper, Fresh Diced	2.5lbs	Reduce heat to medium and simmer for 5-10 minutes.
Garlic, Minced	12oz	Add cilantro, stir well. Pour 3qts and 2cups of bean mixture into each of 4 pans.
Cumin, Ground	2oz	Serve placing 1/2cup (No 8 scoop) rice, then 2/3cup (No 6 scoop) beans on top.
Kitchen Bouquet	1/4cup + 2tbsp	Lean Spicy Chicken against beans and rice.
Salt	1 1/3tbsp	Serve
Cilantro, Fresh Minced	4oz	

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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