



RC Product Code: 43404

# Spicy Chicken with Black Beans and Rice

with Premium Artisan Spicy Whole Grain Breaded Chicken Tenders, Fully Cooked

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**Serving Size:** 1/2cup Rice, 2/3cup Beans and 2 Spicy Chicken Tenders  
**Yield:** 100 servings  
**Contribution:** 2oz Meat/MA, 2oz Grain, 1/4cup Legumes, 1/8cup other Vegetables  
**Smart Snack:** Smart Snack Compliant



SmartSnack Artisan Spicy

## Nutritional Information for 1/2 cup Rice, 2/3 cup Black Beans, 2 Spicy Chicken Tenderloins

<b>Portion</b>	1 wrap	<b>Cholesterol (mg)</b>	50
<b>Calories</b>	413	<b>Sodium (mg)</b>	828
<b>Total Fat (g)</b>	13	<b>Total Carbohydrates (g)</b>	47
<b>Saturated Fat (g)</b>	1.5	<b>Sugar (g)</b>	3
<b>Trans Fat (g)</b>	0	<b>Protein (g)</b>	26

### Ingredients

### Amount

### Instructions

Premium Artisan Spicy Whole Grain Breaded Chicken Tenders, Fully Cooked	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 375° 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 chicken tenderloins 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 + 2tbsp 2tsp	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	Place 2 Spicy Chicken Tenderloins 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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