



RC Product Code: 54496

Spicy Chicken with Black Beans and Rice

with Premium Artisan Spicy Whole Grain Breaded Chicken Breast Patties, CN Labeled, Fully Cooked

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Serving Size: 1/2cup rice, 2/3cup beans, 1 spicy chicken patty
Yield: 100 servings
Contribution: 2oz meat/ma, 2oz grain, 1/4cup legumes, 1/8cup other vegetable



Spicy



Artisan

Nutritional information for 1/2cup rice, 2/3cup black beans and 1 spicy chicken patty

Portion	1 serving	Cholesterol (mg)	51
Calories	437	Sodium (mg)	784
Total Fat (g)	15	Total Carbohydrates (g)	48
Saturated Fat (g)	2	Sugar (g)	2
Trans Fat (g)	0	Protein (g)	25

Ingredients	Amount	Instructions
Premium Artisan Spicy Whole Grain Breaded Chicken Breast Patties, CN Labeled, Fully Cooked	30lbs	Place 1 qt. 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 patties in single layer on sheet pan. Bake in 350° F convection oven for 14-16 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 1/3 cup + 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. Reduce heat to medium and simmer for 5-10 minutes.
Green Pepper (Fresh Diced)	2.5lbs	Add cilantro, stir well. Pour 3qts and 2cups of bean mixture into each of 4 pans.
Garlic (Minced)	12oz	Serve placing 1/2cup (No 8 scoop) rice, then 2/3cup (No 6 scoop) beans on top.
Cumin (Ground)	2oz	Lean Artisan Spicy Chicken Patty against beans and rice. Serve.
Kitchen Bouquet	1/4cup + 2tbsp	
Salt	1 1/3tbsp	
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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