



RC Product Code: 91401

Curry Chicken Rice

Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked

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Serving Size: 1cup
Yield: 100 servings
Contribution: 2oz meat/meat alternate, 1oz grain, 1/8cup other vegetable

Nutritional Information for 1cup

| | | | |
|--------------------------|------|--------------------------------|-----|
| Portion | 1cup | Cholesterol (mg) | 38 |
| Calories | 248 | Sodium (mg) | 474 |
| Total Fat (g) | 6.6 | Total Carbohydrates (g) | 31 |
| Saturated Fat (g) | 1.3 | Sugar (g) | 4.4 |
| Trans Fat (g) | 0 | Protein (g) | 15 |

| Ingredients | Amount | Instructions |
|---|-----------|--|
| Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked | 16lbs | Boil water and place 1.5 pounds of brown rice in each of 4 steam table pans. |
| Water | 1.75gal | Pour 1 quart 3cups boiling water over brown rice in each steam table pan. Cover pans tightly and bake at 325° F. |
| Brown Rice (Long Grain Dry) | 6lbs | Remove rice from oven and let stand covered for 5 minutes. |
| Canola Oil | 1cup | In steam jacketed kettle saute carrots, celery and onions until tender. Add chicken broth and bring to soft boil. Set aside. |
| Low Sodium Chicken Broth | 1 quart | In another bowl combine curry powder, garlic powder, pepper, salt and yogurt. Mix well. |
| Carrots (Fresh Shredded) | 4lbs 6oz | Divide vegetable mixture into fourths and add to rice. Divide curry yogurt mixture into fourths and fold into pan with rice vegetable mixture. |
| Diced Celery | 2lbs 14oz | Add 4lbs chicken meatballs to each pan and combine well. |
| Chopped Onion | 2lbs 12oz | Bake uncovered in 350° F convection oven for 14-16 minutes. |
| Curry Powder | 3/4cup | |
| Garlic Powder | 1/4cup | |
| Ground Black Pepper | 3tbsp | |
| Salt | 2tbsp | |
| Low Fat Plain Yogurt | 4lbs | |

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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