



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



Spicy



Artisan

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

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

Ingredients	Amount	Instructions
Premium Artisan Spicy Whole Grain Breaded Chicken Breast Patties, CN Labeled, Fully Cooked	30 lbs	Place 1 qt. brown rice in each of 4 steam table pans. Pour 1 qt. + 2 cups 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	6 lbs 4 oz	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 + 2 tbsp 2 tsp	Add garlic, cumin, Kitchen Bouquet and drained black beans. Stir constantly for 1-2 minutes.
Onions (Fresh Diced)	5.5 lbs	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)	2.5 lbs	Add cilantro, stir well. Pour 3 qts and 2 cups of bean mixture into each of 4 pans.
Garlic (Minced)	12 oz	Serve placing 1/2 cup (No 8 scoop) rice, then 2/3 cup (No 6 scoop) beans on top.
Cumin (Ground)	2 oz	Lean Artisan Spicy Chicken Patty against beans and rice. Serve.
Kitchen Bouquet	1/4 cup + 2 tbsp	
Salt	1 1/3 tbsp	
Cilantro (Fresh Minced)	4 oz	

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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