



RC Product Code: 91401

Curry Chicken Rice

Roasted Garlic Basil Chicken Meatballs
with Mozzarella Cheese, Fully Cooked

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

Nutritional Information for 1 cup

Portion	1 cup	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	16 lbs	Boil water and place 1.5 pounds of brown rice in each of 4 steam table pans.
Water	1.75 gal	Pour 1 quart 3 cups boiling water over brown rice in each steam table pan. Cover pans tightly and bake at 325° F.
Brown Rice (Long Grain Dry)	6 lbs	Remove rice from oven and let stand covered for 5 minutes.
Canola Oil	1 up	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)	4 lbs 6 oz	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	2 lbs 14 oz	Add 4 lbs chicken meatballs to each pan and combine well.
Chopped Onion	2 lbs 12 oz	Bake uncovered in 350° F convection oven for 14-16 minutes.
Curry Powder	3/4 cup	
Garlic Powder	1/4 cup	
Ground Black Pepper	3 tbsp	
Salt	2 tbsp	
Low Fat Plain Yogurt	4 lbs	

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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