



RC Product Code: 91402

# Thai Chili Bowl

with Kickin' Chicken Meatball with Real Mango and Real Jalapeno, Fully Cooked

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**Serving Size:** 3 cups  
**Yield:** 100 Servings  
**Contribution:** 2 oz Meat/meat Alternate, 2 oz Grain, 1 cup Dark Green Vegetable

## Nutritional Information for Mango Jalapeno Meatball Wrap

|                          |       |                                |     |
|--------------------------|-------|--------------------------------|-----|
| <b>Portion</b>           | 3 cup | <b>Cholesterol (mg)</b>        | 56  |
| <b>Calories</b>          | 399   | <b>Sodium (mg)</b>             | 447 |
| <b>Total Fat (g)</b>     | 7     | <b>Total Carbohydrates (g)</b> | 66  |
| <b>Saturated Fat (g)</b> | 1.8   | <b>Sugar (g)</b>               | 5   |
| <b>Trans Fat (g)</b>     | 0     | <b>Protein (g)</b>             | 21  |

| Ingredients                           | Amount    | Instructions  |
|---------------------------------------|-----------|---|
| Rich Chicks Mango Jalapeno Meatballs  | 20 lbs    | Place 5 lbs of meatballs in single layer in hotel pan, cover with 1 pt plus 1/2 cup sweet chili Thai sauce then foil, heat in 350° F convection oven for 20 minutes or until meatballs reach an internal temperature of 165° F. |
| Sweet Chili Thai Sauce (Recipe Below) | 2.5 qts   | Steam Broccoli florets until tender crisp according to package directions.  |
| Broccoli Florets                      | 35 lbs    | Cook brown rice according to package directions.  |
| Brown Rice                            | 13 pounds | In a bowl layer, 1cup brown rice, 1cup broccoli florets and 1 cup meatball sauce mixture. Serve.  |

| Sweet Thai Chili Sauce   | Amount        | Instructions   |
|--------------------------|---------------|--|
| Water                    | 1 qt + 1 pt   | Pour water and vinegar into a small stock pot and bring to a boil over high heat. Stir in sugar, ginger, garlic, chili peppers and ketchup. Simmer for 5 minutes. Stir in cornstarch paste. Heat until cornstarch is clear. Remove from stove to cool. Transfer to covered container and refrigerate until needed. |
| Rice Vinegar             | 1 qt + 1 pt   |  |
| Sugar                    | 2 lbs + 11 oz |  |
| Fresh Ginger root Minced | 4 tbsp        |  |
| Garlic Minced            | 2 tbsp        |  |
| Hot Chili peppers Minced | 4 tbsp        |  |
| Ketchup                  | 4 tbsp        |  |
| Cornstarch               | 4 tbsp        |  |

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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