Rich Chicks
RICH IN NUTRITION

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Italian Wedding Soup

with Roasted Garlic Basil Chicken Meatballs with Mozzarella Cheese, Fully Cooked

RC Product Code: 91401

Serving Size:	2.5 cup
Yield:	100 Servings
Contribution:	2oz meat/meat alternate, 0.5 grain, 1/2 cup other vegetable

Nutritional Information

Portion	2.5 cups	**Cholesterol (mg)**	48
Calories	305	**Sodium (mg)**	509
Total Fat (g)	7	**Total Carbohydrates (g)**	34
Saturated Fat (g)	1.7	**Sugar (g)**	1.7
Trans Fat (g)	0	**Protein (g)**	23

Ingredients	Amount	Instructions
Rich Chicks Garlic Basil Meatballs	20 lbs	**Recommended Heating Instructions:** (Do not thaw. Prepare from frozen.) Place frozen product in single layer on sheet pan. **For Best Results:** Do NOT use parchment paper. Appliances may vary. Targeted temperature is **165°F** **Convection Oven – 100% Fan Speed:** Bake at 400°F for 7-10 minutes **Combi Oven – Convection Mode – 100% Fan Speed with 100% Steam:** Bake at 400°F for 7-10 minutes **Conventional Oven:** Bake at 400°F for 10-13 minutes **Suggested Holding Times:** Hold at 150°F for 1.5-2 hours.
Olive Oil	1 1/3 cup	Add chicken stock and bring mixture to a boil.
Diced Carrots	8.2 lbs	Add meatballs and bring soup back to a light boil.
Diced Onion	7 lbs	Add pasta and heat to light boil. Cover and cook, stirring occasionally until pasta is tender about 10 minutes.
Diced Celery	6.25 lbs	Add spinach and cook for another minute.
Minced Garlic	7.5 oz	
Whole Grain Rich Orzo Pasta	6.25 lbs	Pasta will continue to cook. If you need to hold the soup for more than 30 minutes, cook pasta separately and add right before serving.
Spinach (chopped)	6.25 lbs	
Diced Celery	9.5 gal	

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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.