Rich Chicks
RICH IN NUTRITION

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Chicken Posole

with Seasoned Hand Pulled Chicken
80 Dark / 20 White Meat, NAE
RC Product Code: 97103

Serving Size:	8 oz
Yield:	100 Servings - 6.2 gallons
Contribution:	2 M/MA, 1/2 cup starchy vegetable, 1/2 cup other vegetable

Nutritional Information

Portion	1 plate	**Cholesterol (mg)**	66
Calories	228	**Sodium (mg)**	781.4
Total Fat (g)	5.7	**Total Carbohydrates (g)**	19
Saturated Fat (g)	1	**Sugar (g)**	0
Trans Fat (g)	0	**Protein (g)**	22

Ingredients	Amount	Instructions
Rich Chicks Hand Pulled Seasoned chicken 97103	20 lbs	Drop chicken pouches into boiling water and heat for 55 minutes or until product reaches desired temperature.
Unsalted Chicken Stock	3 gallons	Empty each chicken pouch into deep full sized pan. Shred any of the large pieces by hand.
Water	1 1/2 gallons	
Kosher salt	4 Tbsp	
Bay leaves	8 each	Heat a steam-jacketed kettle to medium high heat. Add chicken stock, water, kosher salt and bay leaves. Bring to a boil
Hominy, canned drained and rinsed	4 # 10 cans	
Red Enchilada sauce, low sodium	1 1/2 quarts	Add shredded chicken, including liquid, hominy, red enchilada sauce, cumin, oregano and garlic to heated stock.
Cumin, ground	2 Tbsp	
Oregano, ground	4 Tbsp	
Garlic, powder	1 Tbsp	Reduce heat and simmer covered for 1 hour. Remove bay leaves and hold hot for service
Green cabbage, shredded	3 pounds	Mix the shredded cabbage, sliced radishes, and diced onions. Hold for service.
Radishes, thinly sliced	3 pounds	
Onion, fresh diced	3 pounds	Portion stew into bowls with an 8 ounce ladle. Garnish with 1/2 cup of the cabbage, radish and onion mixture.

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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.