Rich Chicks
RICH IN NUTRITION

www.richchicks.com

Chicken Pot Pie Poutine

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

Serving Size:	1.5 cups
Yield:	100 servings
Contribution:	2 oz M/MA, 3/4 cup starchy vegetable, 1/4 cup other vegetable

Nutritional Information

Portion	1/2 cup fries plus 1 cup chicken mixture	**Cholesterol (mg)**	105
Calories	403	**Sodium (mg)**	390
Total Fat (g)	20	**Total Carbohydrates (g)**	30
Saturated Fat (g)	7.86	**Sugar (g)**	5
Trans Fat (g)	0	**Protein (g)**	24

Ingredients	Amount	Instructions
Rich Chicks Seasoned Hand Pulled Chicken 80 Dark / 20 White Meat, NAE 97103	20 lbs	Prepare Pulled chicken according to package directions.
Mirepoix blend frozen*	12 lbs	In tilt skillet saute heat the oil then saute the mirepoix vegetables until translucent.
Vegetable Oil	1 cup	Add garlic, thyme and pepper. Continue to cook for 1 minute.
Garlic, minced	1/2 cup	Sprinkle flour over vegetable mixture, stir to coat. Continue cooking another 1 to 2 minutes.
Thyme, dried Black pepper , ground Frozen peas (USDA 110763) All purpose flour	3 Tbsp 1 1/2 Tbsp 4 -2.5 lbs pkgs 3 1/4 cups	Drain liquid from chicken, add to chicken broth. Total should be 1.5 gallons. Whisk chicken broth and heavy cream into mixture until smooth. Heat until mixture thickens.
Low Sodium Chicken broth**	1.5 gal	Add chicken and peas simmer until mixture reaches 165° F.
Heavy cream	96 oz	Pan chicken mixture into steam table pans and hold hot for service.
French Fries	15 lbs	Prepare french fries according to package directions. To serve: Place 1/2 cup of fries on a tray. Top with a 1 cup spoodle serving of the chicken and vegetable mixture.

*If preparing fresh mirepoix, 4 lbs each of chopped carrots, onions and celery
*1.5 gal includes liquid from chicken

DISCOVER MORE RECIPE IDEAS

#ourcommitment
YUM · YOU · NUTRITION

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.