



Curry Chicken Rice

With Rich Chicks Garlic Basil Chicken Meatballs

Serving Size: 1.25 Cups

Yield: 100

Contribution: 2oz Meat/Meat Alternate, 1/8 Cup Other Vegetable, 1 oz Grain

RC Product Code: 91401

Ingredients	Amount	Preparation Instructions
Rich Chicks Garlic Basil Meatballs	12.5 lbs	1. Boil water and place 1.5 pounds of brown rice in each of 4 steam table pans
Water	1.75 Gal	2. Pour 1 quart 3 cups boiling water over brown rice in each steam table pan. Cover pans tightly and bake at 325 degrees in convection oven for 40 minutes.
Brown Rice, Long Grain Dry	6 lbs	3. Remove rice from oven and let stand covered for 5 minutes.
Canola Oil	1 Cup	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	5. In another bowl combine curry powder, garlic powder, pepper, salt and yogurt. Mix well.
Carrots—Fresh Shredded	4.5 lbs	6. 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	3 lbs	7. Add 3 lbs 2 oz chicken meatballs to each pan and combine well.
Chopped Onion	3 lbs	8. Bake uncovered in 375 convection oven for 10 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	
Olive Oil	1.75 Cup	

Nutritional Information			
Portion	1.25 Cups	Cholesterol (mg)	44
Calories	234	Sodium (mg)	459
Total Fat (g)	6	Total Carbohydrates (g)	27
Saturated Fat (g)	1.04	Dietary Fiber (g)	2.8
Trans Fat (g)	0	Protein (g)	14

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.