



Thai Chili Bowl

With Rich Chicks Jalapeno Mango Chicken Meatballs

Serving Size: 3 Cups

Yield: 123

Contribution: 2oz Meat/Meat Alternate, 1 Dark Green Vegetable, 2oz Grains

RC Product Code: 91402

Ingredients	Amount	Preparation Instructions
Rich Chicks Mango Jalapeno Meatballs	20 lbs	1. Place 5# 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 degree convection oven for 20 minutes or until meatballs reach an internal temperature of 165 degrees
Sweet Chili Thai Sauce (recipe below can be made day ahead and refrigerated)	2.5 qts	2. Steam Broccoli florets until tender crisp according to package directions.
Broccoli florets	37 lbs	3. Cook brown rice according to package directions
Brown Rice	16 pounds	4. In a bowl layer, 1 cup brown rice, 1 cup broccoli florets and 1 cup meatball sauce mixture. Serve

Nutritional Information			
Portion	3 cups	Sodium	458
Calories	400	Total Carbohydrates (g)	66
Total Fat (g)	7	Dietary Fiber (g)	7
Saturated Fat (g)	1.5	Protein (g)	20.6
Trans Fat (g)	0		
Cholesterol (mg)	61		

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.