

# Recipe Name: ARROZ CON POLLO (w/fresh chicken)

Wenatchee School District

Recipe Category: Main Dish (meat/meat alternate, grains, vegetable)

Recipe #: 113

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
<b>SPANISH RICE</b>							<p><b>SPANISH RICE:</b></p> <ol style="list-style-type: none"> <li>1. Bring chicken stock to a boil in a large stockpot.</li> <li>2. In a different pan, heat the butter or oil and sauté onions, chilies, cumin, garlic, chili powder, salt and pepper, and rice until onions are tender.</li> <li>3. Place rice mixture and salsa in a 4" hotel or 18QT braizer pan. Pour boiling stock over it and stir to combine.</li> <li>4. Cover and place in 350 degree F oven for 20 – 25 minutes until liquid is absorbed. Toss in the chopped cilantro right before service, or serve as an optional topping.</li> </ol> <p>*Nutritional analysis based on unsalted butter.</p> <p><b>SPANISH CHICKEN:</b></p> <ol style="list-style-type: none"> <li>1. In a large sheet or hotel pan, toss chicken with oil, salt, garlic powder, cumin, black pepper and cayenne pepper. Spread the chicken out in an even layer.</li> <li>2. Cover and bake in 350 degree F oven for 20 – 30 minutes</li> </ol> <p><b>CCP:</b> until cooked to an internal temperature of 165 degrees F. for at</p>
Chicken Base	2 oz		4 oz				
Water, Boiling		2 qt		4 qt			
Salsa, commodity		½ #10 can		1 #10 can			
*Butter or Vegetable Oil	¼ lb		½ lb				
Converted Rice	1 ½ lb		3 lb				
Natural Rice Blend	1 ½ lb		3 lb				
Diced Onions	½ lb		1 lb				
Diced Green Chilies	1 ½ lb		3 lbs				
Ground Cumin		1 Tbsp		2 Tbsp			
Garlic, Mashed		1 ½ Tbsp		3 Tbsp			
Chile Powder		1 Tbsp		2 Tbsp			
Salt		½ tsp		1 tsp			
Pepper		½ tsp		1 tsp			
Cilantro, fresh, chopped		½ bunch		1 bunch			
<b>SPANISH CHICKEN</b>							
**Chicken, fresh or frozen, boneless, skinless, raw.	8 lbs + 12 oz		17 lbs + 7 oz				
Vegetable Oil		1 Tbsp		2 Tbsp			
Salt		½ Tbsp		1 Tbsp			
Garlic Powder		½ Tbsp		1 Tbsp			
Cumin		½ Tbsp		1 Tbsp			
Black Pepper		½ Tbsp		1 Tbsp			
Cayenne Pepper (optional)							

							least 15 seconds.
							3. Serve with Spanish Rice and other optional toppings.
							<b>CCP:</b> Hot hold at 135 degrees F or higher for service.
							**Nutrient analysis is based on using fresh or frozen skinless, boneless chicken breast providing 11.6 oz. of M/MA per pound. Cooked chicken pieces or tenderloins may be substituted but the quantity will need to be adjusted to provide M/MA equivalents per manufacturers' CN labels.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup rice + 2 oz. chicken		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
2	1	1/8 (other)	

Nutrient Analysis (optional)		
Calories: 184	Saturated Fat: 1.81 gram	Sodium: 447.52 mg