

Kentucky Dept. of Education

001418 - Rowdy Rebels Chckn Fajita Bowl

Source: Jr. Chef 2017
 Number of Portions: 48
 Size of Portion: Servings

Alternate Menu Name: Casey Cnty Culinary Team

Recipe HACCP Process: #2 Same Day Service

Meat/Alt: 3 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0.75 Cup
 Milk: 0 Cup

<p>005002 CHICKEN,BROILER OR FRYER,MEAT&SKN&GIBLETS&NEC... 011953 Zucchini..... 011641 Squash, Yellow..... 901062 ONIONS,RED,RAW..... 799939 GARLIC,RAW..... 904018 Crushed Tomatoes..... 002047 SALT,TABLE..... 002009 CHILI POWDER..... 002028 PAPRIKA..... 002026 ONION POWDER..... 002020 GARLIC POWDER..... 011951 Peppers, Yellow Bell..... 011333 PEPPERS,SWEET,GREEN,RAW..... 903892 PEPPERS RED SWEET..... 799968 CILANTRO..... 019833 TORTILLA CHIPS,LOFAT,UNSALTED..... 903782 Black Beans, drained and rinsed..... 002031 PEPPER,RED OR CAYENNE..... 799902 CUMIN,GROUND..... 903236 Corn Starch - ARGO..... 903846 Extra Virgin Olive Oil..... 903909 Chicken Broth, Low Sodium..... 001178 SOUR CREAM,REDUCED FAT..... 011143 CELERY,RAW..... 011167 CORN,SWEET,YELLOW,RAW.....</p>	<p>8 whole chicken 8 medium 8 medium 8 Medium chopped 8 cloves, minced 8 (15 oz Can) 8 TSP 16 TSP 8 TSP 8 TSP 8 TSP 8 medium 8 medium (2-3/4" x 2-1/2") 8 Medium 8 Bunches, chopped 48 OZ 8 (14 oz can) 2 TSP 4 TSP 8 (1 TBSP) 1 1/2 CUP 20 CUP 4 CUP 24 stalk, med (7.5"-8") 16 ear, medium</p>	<p>Cut up and remove the skin and bones from chicken, but into 1 to 3 inch pieces, set aside.</p> <p>Dice onion and set half aside for chicken.</p> <p>Wash and cut up all vegetables into bite size pieces and place in a large bowl with half of the onion; add the following spices: minced garlic, 1/2 of chopped cilantro, 1/2 of chili powder and 1/2 of onion powder, wash celery, slice and add to bowl.</p> <p>Remove the kernels from the corn and add to the vegetable mixture, mix well and set aside.</p> <p>Drain and rinse black beans.</p> <p>In a bowl mix paprika, 1/2 onion powder, 1/2 of garlic powder, cayenne powder, ground cumin and corn starch; mix well and set aside for chicken.</p> <p>In a large frying pan andd 1/2 of olive oil and chicken, start cooking at medium high heat and add the canned tomatoes,16 cups chicken stock and seasoning blend. Cook chicken until internal temperature reaches 165 degrees, remove chicken from sauce onto a plate and allow to cool. Turn the tomatoe sauce mixdown to medium heat and allow sauce to reduce to a thick sauce.</p> <p>In another large skillet heat remaining olive oil and add the vegetable mix and 2 cups chicken broth stirring to keep from sticking, when vegetables cook for about 10 minutes, reduce heat to medium low, stirring occassionally.</p> <p>Shred cooled chicken and add back to the reduced sauce, stir well, then add chicken mixture to vegetable mixture stir well then add in black beans, allow to heat through then remove form heat.</p> <p>CCP: hold at 135 degrees or higher for service.</p> <p>Serve 6 oz. with 10 tortilla chips and sour cream.</p>
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*Nutrients are based upon 1 Portion Size (Servings)

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes optional nutrient values

2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Recipe Master List

Calories	542 kcal	Cholesterol	*58.47* mg	Sugars	*4.03* g	Calcium	*110.79* mg	35.04%	Calories from Total Fat
Total Fat	21.09 g	Sodium	1236.27 mg	Protein	25.14 g	Iron	*2.32* mg	8.68%	Calories from Sat Fat
Saturated Fat	5.23 g	Carbohydrate	62.46 g	Vitamin A	*1226.43* IU	Water ¹	*164.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.26* g	Vitamin C	*57.62* mg	Ash ¹	*3.09* g	46.12%	Calories from Carbohydrates
								18.57%	Calories from Protein

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