



ARROZ CON POLLO (MEAT FREE)

SERVINGS: 50 SERVINGS CALORIES: 537 KCAL

A hearty all in one meal that is easy to make and easy to love! This plant-based dish has a large variety of delicious vegetables and is loaded with chicken-free strips.

INGREDIENTS

6 pounds 4 ounces Rice, brown long grain, regular, dry

OR

11 pounds 8 ounces Rice, brown instant, dry

1/2 gallon 1 pint Water

1/2 gallon 1 pint Broth, vegetable low sodium

1-1/4 #10 can Beans, garbanzo canned, drained, rinsed

3 pounds 12 ounces Chicken-free strips, frozen (such as Beyond Meat, Hungry, Planet, Morningstar Farms or similar brands)

5 pounds Corn frozen

OR

1-1/2 #10 cans Corn canned

2 pounds 8 ounces Carrots fresh, sliced

OR

3 pounds 12 ounces Carrots frozen, sliced

OR

1 #10 can Carrots canned, sliced, drained

1 #10 can Peas canned, drained, rinsed

OR

3 pounds 12 ounces Peas frozen

2 pounds 12 ounces Onion, red fresh, diced

3/4 cups Garlic minced

OR

2 tablespoons Garlic powder

1 quart 1 cup Cilantro leaves fresh, diced

OR

INSTRUCTIONS

PREPARATION

1. Dice chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Heat oil in a tilt skillet, kettle or in a large pot using a stove top.
3. Add the onion, garlic and cilantro, stirring about five minutes over medium heat.
4. Add the rice, garbanzo beans, chicken-free strips, vegetables, vegetable broth, Sazon Goya, water and black pepper and mix to combine.
5. Bring to a boil; then cover and cook on low for 20-25 minutes.
6. If desired, add the hot sauce and stir to combine.
7. Transfer to serving pans.

1-2/3 cups Cilantro dried
3-1/2 cups Oil, olive or vegetable
2.5 ounces Sazon Goya
1/3 cup Pepper, black
2/3-1 cup Hot sauce optional

RECIPE NOTES

Yield 50 servings

Serving Size: 2 cups

Process # 2 – Same Day Service

HACCP Critical Control Point: Hold at internal temperature of 135° F or above.

HACCP Critical Control Point: Reheat leftover produce to 165° F or higher; reheat product only once.

Crediting: 2 oz meat/meat alternate, 2 oz equivalent grains and ¾ cup vegetables (1/4 c starchy, 1/8 c red/orange, 1/4 c other)

NUTRITION FACTS PER SERVING (2CUPS)

Calories: 537 kcal | Fat: 16 g | Saturated fat: 2 g | Polyunsaturated fat: 3 g | Monounsaturated fat: 9 g | Sodium: 314 mg |
Carbohydrates: 78 g | Fiber: 13 g | Sugar: 9 g | Protein: 22 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.