Chicken Curry Casserole

Meal Components: Meat/Meat Alternate-Other Vegetable-Grains

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		1 qt 3 cups		3 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 8 oz	3 ¾ cups	3 lb	1 qt 3 ½ cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12″ x 20″ x 2 ½″). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
Canola oil		¼ cup		½ cup	6. Cook oil and broth over medium heat for 5 minutes
Low-sodium chicken broth		1 cup		2 cups	.
*Fresh carrots, shredded	1 lb 1 ½ oz	1 qt 1 cup	2 lb 3 oz	2 qt 2 cups	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	11 ½ oz	2 ¼ cups	1 lb 7 oz	1 qt ½ cup	
*Fresh onions, chopped ½″	11 oz	2 ½ cups	1 lb 6 oz	1 qt 1 cup	
Curry powder		3 Tbsp		¼ cup 2 Tbsp	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		1 ½ Tbsp		3 Tbsp	
Ground black pepper		¾ Tbsp		1 ½ Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Low-fat yogurt, plain	1 lb	2 cups	2 lb	1 qt	

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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Frozen, cooked fajita chicken strips, thawed, diced 1"	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well. 10. Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 fl oz spoodle (¾ cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides 1 ¼ oz equivalent meat/meat alternate, ⅛ cup other vegetable, and ¾ oz equivalent grains.	25 Servings: about 10 lb 8 oz	25 Servings: about 1 gallon 1 ¼ quarts
	50 Servings: about 21 lb	50 Servings: about 2 gallons 2 ½ quarts

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Marketing Guide

Food as Purchased for	25 servings	50 servings
Carrots	1 lb 6 oz	2 lb 12 oz
Celery	14 oz	1 lb 12 oz
Mature onions	13 oz	1 lb 10 oz

Nutrients Per Serving

Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.70 mg	Calcium	64.98 mg
Carbohydrate	26.40 g	Vitamin A	3161.50 IU (158.37 RAE)	Sodium	563.78 mg
Total Fat	6.47 g	Vitamin C	2.56 mg	Dietary Fiber	2.81 g