



RC Product Code: 91402

Thai Chili Bowl

with Kickin' Chicken Meatball with Real Mango and Real Jalapeno, Fully Cooked

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Serving Size: 3 cups
Yield: 100 Servings
Contribution: 2 oz Meat/meat Alternate, 2 oz Grain, 1 cup Dark Green Vegetable

Nutritional Information for Thai Chili Bowl

Portion	3 cup	Cholesterol (mg)	56
Calories	399	Sodium (mg)	447
Total Fat (g)	7	Total Carbohydrates (g)	66
Saturated Fat (g)	1.8	Sugar (g)	5
Trans Fat (g)	0	Protein (g)	21

Ingredients	Amount	Instructions
Rich Chicks Mango Jalapeno Meatballs	20 lbs	Place 5 lbs 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° F convection oven for 20 minutes or until meatballs reach an internal temperature of 165° F.
Sweet Chili Thai Sauce (Recipe Below)	2.5 qts	Steam Broccoli florets until tender crisp according to package directions.
Broccoli Florets	35 lbs	Cook brown rice according to package directions.
Brown Rice	13 pounds	In a bowl layer, 1cup brown rice, 1cup broccoli florets and 1 cup meatball sauce mixture. Serve.

Sweet Thai Chili Sauce	Amount	Instructions
Water	1 qt + 1 pt	Pour water and vinegar into a small stock pot and bring to a boil over high heat. Stir in sugar, ginger, garlic, chili peppers and ketchup. Simmer for 5 minutes. Stir in cornstarch paste. Heat until cornstarch is clear. Remove from stove to cool. Transfer to covered container and refrigerate until needed.
Rice Vinegar	1 qt + 1 pt	
Sugar	2 lbs + 11 oz	
Fresh Ginger root Minced	4 tbsp	
Garlic Minced	2 tbsp	
Hot Chili peppers Minced	4 tbsp	
Ketchup	4 tbsp	
Cornstarch	4 tbsp	

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.

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