

**FIESTA CHICKEN (FAJITA STRIPS)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	14 g	18 g	2 g	44 mg	488 mg	38 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	5-5/8 lbs	0 gal 4 qts	6-1/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2-5/8 lbs	2 qts	3-1/4 lbs
WATER	10-1/2 lbs	1 gal 1 qts	
TOMATOES, CANNED, DICED, INCL LIQUIDS	4-5/8 lbs	2 qts	
TOMATO PASTE, CANNED	3-7/8 lbs	1 qts 2-5/8 cup	
JUICE, ORANGE	8-3/4 lbs	1 gal	
PIMIENTO, CANNED, DRAINED, CHOPPED	1 lbs	2-1/4 cup	
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
SALT	2-1/3 oz	1/4 cup	
CHILI POWDER, DARK, GROUND	2-1/8 oz	1/2 cup	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
CUMIN, GROUND	3/8 oz	2 tbsp	
OREGANO, CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
CHICKEN, FAJITA STRIPS	15-5/8 lbs		
WATER	8-1/3 oz	1 cup	
FLOUR, WHOLE WHEAT	4-1/4 oz	1 cup	

**Method**

- 1 Stir-cook onions and peppers in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes, stirring constantly.
- 2 Add water, tomatoes, tomato paste, orange juice, pimentos, sugar, salt, chili power, garlic powder, cumin, oregano, red pepper, and black pepper. Bring to a boil. Cover; reduce heat; simmer 20 to 25 minutes.
- 3 Stir chicken gently into vegetable and tomato mixture. Cover; reduce heat; simmer 10 minutes.
- 4 Blend flour and cold water together to make a smooth slurry. Add slurry to chicken mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2 gal chicken and tomato mixture into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.
- 6 Serve over 1 recipe Tossed Green Rice, Recipe No. E 005 02.