

CHEDDAR CHICKEN AND BROCCOLI (COOKED DICED)

Yield 100

Portion 10 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
302 cal	21 g	32 g	10 g	83 mg	1035 mg	134 mg

Ingredient

ONIONS,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 COOKING SPRAY,NONSTICK
 CHICKEN BROTH
 WATER
 RICE,LONG GRAIN & WILD
 SALT
 GARLIC POWDER
 PEPPER,BLACK,GROUND
 CHICKEN,COOKED,DICED
 BROCCOLI,FROZEN,CHOPPED
 CHEESE,CHEDDAR,SHREDDED

Weight

4-1/2 lbs
 5-1/2 lbs
 2 oz
 8-1/3 lbs
 4-1/4 lbs
 1-7/8 oz
 7/8 oz
 1/2 oz
 18 lbs
 12 lbs
 2 lbs

Measure

3 qts 3/4 cup
 1 gal 1-1/4 qts
 1/4 cup 1/3 tbsp
 2 gal 2 qts
 1 gal
 3 qts
 3 tbsp
 3 tbsp
 2 tbsp
 2 gal
 2 qts

Issue

5 lbs
 7-1/2 lbs

Method

- 1 Stir-cook onions and celery in a lightly sprayed steam jacketed kettle or stock pot for 8 to 10 minutes or until tender stirring constantly.
- 2 Add broth, water, rice, salt, garlic powder and pepper to cooked onions and celery; bring to a boil. Cover tightly; reduce heat; simmer 20 minutes. There will be excess cooking liquid in cooked rice mixture.
- 3 Stir chicken and broccoli into cooked rice mixture. Cover; simmer an additional 15 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Pour 2 gallon rice, chicken and broccoli mixture into each ungreased steam table pan. Distribute 2 cups shredded cheddar cheese evenly over rice, chicken and broccoli mixture into each pan.
- 5 Bake for 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.