

# Arroz con Pollo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Advanced**

Ingredients	Weight	Measure	Weight	Measure
Brown rice, long grain, regular, dry OR Brown rice, instant, dry	6 lbs. 4 oz. OR 11 lb. 8 oz.		12 lbs. 8 oz. OR 23 lbs.	
Water		½ gallon + 1 pint		1 ¼ gallons
Vegetable broth, low sodium		½ gallon + 1 pint		1 ¼ gallons
Garbanzo beans, canned, drained, rinsed		¾ gallon + 1 pint OR 1 ¼ - #10 can		1 ¾ gallons OR 2 ½ - #10 cans
Chicken-free strips, frozen (such as Beyond Meat, Hungry Planet, Morningstar Farms or similar brands)	3 lbs. 12 oz.		7 lbs. 8 oz.	
Corn, frozen OR Corn, canned	5 lbs.	OR 1 ½ - #10 cans	10 lbs. OR	3 - #10 cans
Carrots, fresh, sliced OR Carrots, frozen, sliced OR Carrots, canned, sliced, drained	2 lbs. 8 oz. OR 3 lbs. 12 oz. OR	1 ½ quarts + ¼ cup (1 - #10 can)	5 lbs. OR 7 lbs. 8 oz. OR	¾ gallon + ½ cup (2 - #10 cans)
Peas, canned, drained, rinsed OR Peas, frozen	OR 3 lbs. 12 oz.	1 ½ quarts + ¼ cup (1 - #10 can)	OR 7 lbs. 8 oz.	¾ gallon + ½ cup (2 - #10 cans)
Onion, red, fresh, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced OR Garlic powder		¾ cup OR 2 Tbsp.		1 ½ cups OR ¼ cup
Cilantro leaves, fresh, diced OR Cilantro, dried		1 quart + 1 cup OR 1 ⅔ cups		2 ½ quarts OR 3 ⅓ cups
Olive or vegetable oil		3 ⅓ cups		1 ½ quarts + ⅔ cup
Sazon Goya	2.5 oz.		5 oz.	
Black pepper		1/3 cup		2/3 cup
Hot sauce (optional)		⅔ - 1 cup		1 ⅓ - 2 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

# Arroz con Pollo Continued

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## 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.

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.

## Serving Information

Portion 2 cups per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and  $\frac{3}{4}$  cup vegetables (1/4 c starchy, 1/8 c red/orange, 1/4 c other).

OR

Portion 1 cup per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and  $\frac{3}{8}$  cup vegetable.

## Nutrition Information per 2 cup serving \*From USDA Nutrient Database

Calories: 537 Total Fat: 16g Saturated Fat: 2g Monounsaturated Fat: 9g Polyunsaturated Fat: 3g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 78g Fiber: 13g Total Sugar: 9g Protein: 22g Sodium: 314mg Vitamin A: 217µg  
Vitamin C: 10mg Calcium: 78mg Iron: 4mg Folate: 88µg