


# Chicken Curry Casserole

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

Main Dishes D-55r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Boil water.
Brown rice, long-grain, regular, dry	3 lb	1 qt 3 ½ cups	6 lb	3 qt 3 cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
Canola oil		½ cup		1 cup	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.
Low-sodium chicken broth		2 cups		1 qt	6. Cook oil and broth over medium heat for 5 minutes.
*Fresh carrots, shredded	2 lb 3 oz	2 qt 2 cups	4 lb 6 oz	5 qt	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.
*Fresh celery, diced	1 lb 7 oz	1 qt ½ cup	2 lb 14 oz	2 qt 1 cup	
*Fresh onions, chopped ½"	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups	
Curry powder		¼ cup 2 Tbsp	3 oz	¾ cup	8. Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		3 Tbsp		¼ cup 2 Tbsp	
Ground black pepper		1 ½ Tbsp		3 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Low-fat yogurt, plain	2 lb	1 qt	4 lb	2 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"	6 lb 4 oz	1 gal	12 lb 8 oz	2 gal	<p>9. Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.</p> <p>10. Bake uncovered:                      Conventional oven: 400 °F for 10 minutes                      Convection oven: 375 °F for 10 minutes</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>11. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>12. Portion with 6 fl oz spoodle or No. 8 scoop (¾ cup).</p>

**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 or No. 8 scoop) provides 1 ¼ oz equivalent meat/meat alternate, ⅓ cup other vegetable, and ¾ oz equivalent grains.	50 Servings: about 21 lb	50 Servings: about 2 gallons 2 ½ quarts
	100 Servings: about 42 lb	100 Servings: about 5 gallons 1 quart

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Marketing Guide		
Food as Purchased for	50 servings	100 servings
Carrots	2 lb 12 oz	5 lb 8 oz
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	1 lb 10 oz	3 lb 4 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	Sodium	563.78 mg
Total Fat	6.47 g		(158.37 RAE)	Dietary Fiber	2.81 g
		Vitamin C	2.56 mg		