



RECIPE NAME: Smothered Chicken

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil: Tongs	
Servings per Pan:	

Recipe Adapted From:
E. Garvey, Milwaukee Center for Independence



Ingredients	Weight	Measure	Procedure
Chicken Fajita Strips WI Processed C511 Bell Peppers, Green, Sliced Bell Peppers, Red, Sliced Bell Peppers, Yellow, Sliced Onions, Raw, Chopped Mushrooms, White, Raw, Sliced Garlic Powder Onion Powder Pepper, Cayenne Paprika Salt Chicken Gravy, Dehydrated Water	8 lb 12 oz 1 lb 6 oz 1 lb 6 oz 1 lb 6 oz 2 lb 2 oz 1 lb 10 oz 35 oz	1 ¼ tsp 1 ¼ tsp 1 ¼ tsp 1 ¼ tsp 1 ¼ tsp 2 ½ gallons	<ol style="list-style-type: none"> Preheat oven to 325° F. Spread frozen chicken onto sheet pans. Mix seasonings (garlic powder, onion powder, cayenne pepper, paprika, and salt) in a bowl. Sprinkle evenly over chicken. Bake chicken in preheated oven until internal temperature reaches 150° F. Transfer chicken into hotel pans. Mix gravy in 2 ½ gallons of boiling water. Stir periodically until all clumps are dissolved and desired thickness is reached. Disperse sliced peppers, onions, and sliced mushrooms over chicken. Over top of vegetables, pour gravy evenly until bottom layer of chicken is covered. Wrap pans with plastic wrap and aluminum foil. Place chicken back in oven until internal temperature reaches 170° F. <p>CCP: Hot hold at 135° F or higher for service.</p>
Total Yield: 50 servings	Number of Pans:		
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate	2.0 oz eq.					
Vegetable Subgroups	DG	B/P	R/O	S	O	
			1/8 c.		1/8 c.	
Fruits						
Grains						
Calories:	147					
Saturated Fat (g):	2.08 g					
Sodium (mg):	463.12 mg					