

CHICKEN SUQAAR & VEGETABLE RICE

Yield: 100 Servings

CHICKEN SUQAAR INGREDIENTS

- * 2 lbs. + 8 oz. diced chicken
- * 1/2 cup + 2 tbsp chopped cilantro
- * 1 3/4 cups + 2 tbsp chopped onions
- * 2 1/2 cups sliced carrots
- * 2 1/2 cups chopped green pepper
- * 2 1/4 tsp chicken base
- * 2 1/2 tsp minced garlic
- * 1/4 cup + 2 3/8 tsp vegetable oil

CHICKEN SUQAAR DIRECTIONS

- * Combine all ingredients
- * Place in steamtable pans, cover tightly and bake at 350 degrees for 35-45 minutes until carrots are tender.
- * Serve over Vegetable Rice.

NUTRITIONAL INFORMATION PER SERVING

- * Calories: 283
- * Cholesterol: 48 mg
- * Sodium: 534 mg
- * Fiber: 2 g
- * Protein: 17 g
- * Carbohydrates: 26 g
- * Total Fat: 11 g
- * Trans Fat: 0

VEGETABLE RICE INGREDIENTS

- * 5 1/8 oz. raw cilantro
- * 3 1/8 cups sliced carrots
- * 3 1/8 cups chopped onions
- * 2 tbsp + 1/4 tsp garlic
- * 3 1/8 cups water
- * 3/4 cup + 1/2 tsp vegetable oil
- * 2 1/8 tsp chicken base
- * 1 tbsp + 1/8 tsp salt
- * 1 qt + 2 1/4 cups brown rice
- * 2 qts + 1 1/4 cups water

VEGETABLE RICE DIRECTIONS

- * Puree cilantro, carrots, onion, garlic until smooth.
- * Add water and blend.
- * Add remaining ingredients and blend well.
- * Transfer to steamtable pans, cover and bake at 350 degrees until water is absorbed.



Recipe courtesy of
Saint Paul Public Schools Nutrition Services