

Broccoli and Cheddar Casserole with Ground Chicken

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	21.22 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1				2 lb 1.33 oz	Mushrooms, brown, italian, or crimini, raw
	7.9 ea			2 lb 1.33 oz	Peppers red bell, medium
				2 lb 1.33 oz	Broccoli, flower clusters, raw
				3 lb 2.00 oz	Hungry Planet Chicken™
	16 2/3 tsp			0 lb 2.94 oz	Seasoning, poultry Magic, Prudhomme

PREPARE IN ADVANCE

Preheat oven to 350 F. Bring stock to a boil in a medium sized sauce pan. Allow to simmer very slowly. In a large saute pan over moderate heat, saute onions, carrots, celery, and garlic in olive oil until soft. Do not brown vegetables. Add the rice to the saute pan and continue to cook for an additional 2 minutes. Season with salt and pepper. Transfer into a 3 quart casserole dish. Add the roasted mushrooms, red peppers, broccoli, and cooked chicken pieces. Cover with stock and place into preheated oven. Cover and bake until the stock has been absorbed and the rice is tender, about 20 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	1.563 gal	12 lb 8.00 oz	0%	12 lb 8.00 oz	Vegetable stock
	12 1/2 cup	4 lb 4.34 oz	0%	4 lb 4.34 oz	Rice, brown, parboiled, cooked, UNCLE BENS
	8 1/3 tbsp	0 lb 3.97 oz	0%	0 lb 3.97 oz	Olive oil, extra virgin
	~ 5 cup	2 lb 1.33 oz	0%	2 lb 1.33 oz	Onions, yellow
	1 2/3 qt	2 lb 1.33 oz	0%	2 lb 1.33 oz	Carrots, peeled, diced
	~ 1 1/8 qt	1 lb 0.67 oz	0%	1 lb 0.67 oz	Celery, diced
	~ 1 cup	0 lb 4.17 oz	0%	0 lb 4.17 oz	Garlic, raw, chopped
	8 1/3 tsp	0 lb 0.82 oz	0%	0 lb 0.82 oz	Salt, kosher, Diamond Crystal
	4 1/8 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz	Spices, black pepper, ground

MAIN DIRECTIONS

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	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	~ 1 qt	1 lb 0.67 oz	0%	1 lb 0.67 oz	Vegan cheese, shredded

FINISHING STEPS

Remove from oven and sprinkle with cheese. Return to the oven, uncovered, for an additional 3 minutes. Allow to rest for about 5 minutes before serving.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	33 lb 2.56 oz	0 %	33 lb 2.56 oz	0 %	33 lb 2.56 oz
Size of portion	21.22 oz		21.22 oz		21.22 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
Total fat	1.99 g	30.74 %	57.34 kcal	Salt	0.44 g		
Saturated	0.80 g	12.39 %	239.94 kJ	Salt	0.44 %	Vitamins	
Monounsaturated	0.59 g	9.07 %	0.24 MJ	Sodium	177.85 mg	Vitamin A	63.03 µg
Polyunsaturated	0.14 g	2.24 %		Phosphorus	31.76 mg	Vitamin D	0.01 µg
Trans	0.00 g	0.00 %		Potassium	136.97 mg	Thiamine	0.04 mg
Cholesterol	0.00 mg			Iron	0.40 mg	Riboflavin	0.06 mg
Linolenic acid	0.13 g			Calcium	15.66 mg	Niacin	0.67 mg
Alpha-linolenic acid	1.13 mg			Zinc	0.25 mg	Vitamin B6	0.08 mg
Total Carbohydrate	7.80 g	55.24 %		Magnesium	9.95 mg	Vitamin B12	0.08 µg
Sugars	1.10 g	-0.46 %		Iodine	0.00 µg	Folate	0.00 µg
Sugar	0.00 g			Selenium	3.20 µg	Vitamin C	15.06 mg
Lactose	0.00 g			Copper	0.06 mg	Vitamin E	0.26 mg
Fiber	1.15 g	3.83 %				Vitamin K	2.70 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	40.18 g
Starch	3.86 g	27.35 %					
Protein	2.43 g	17.21 %					
Alcohol	0.00 g	0.00 %					