

White Bean and Chicken Chile Verde Main Dish

Source: School Nutrition Plus, Inc.

Portion Size 1 Portion Each

Ingredients

	100 Portions
	Measure
Sweet Green Peppers, raw	8 lbs
Pasilla Chile Peppers	24 peppers
Tomatillos, raw	10 lbs
Yellow Onions, raw	8 lbs
Jalapeno Peppers, raw	4 lbs
Garlic, raw	24 clove
Oil, canola	¼ cup
Chicken Breast, boneless, skinless (avg 4 oz)	16 lbs (raw, yield included)
White Beans, canned	27 lbs + 3 oz
Whole Kernel Corn, no salt added, canned	6 lbs
Dried Oregano Leaves	½ cup (ground)
Kosher Salt, ground coarse box	2 ½ tbsps
Black Pepper	½ tbsps (ground)
Lime Juice, raw	½ fl oz
Water	½ cup / 8 oz
Cornstarch	½ cup

Directions

Wash your hands before you begin. Place gloves on hands after washing hands.

Preheat oven to 400°F

Drain and rinse the canned beans and corn and set aside in a large bowl.

Over a flame, roast the peppers and chilis. Place in a covered container.

Peel the tomatillos, onions and garlic. Quarter the onions. Place the tomatillos, onions and garlic on a lined sheet pan and coat them with half of the oil. Roast for 20 minutes in the preheated oven. Puree the peppers, chilis, lime juice, roasted tomatillos, onions, garlic, 1 tbsps of salt, pepper, and jalapenos. Set aside.

Over a cutting board dice the chicken into 1" chunks. Heat the remaining olive oil in a large pot. Once hot, add the chicken and rest of the salt and brown the chicken for about 5 minutes over medium heat. Add all ingredients except for the cornstarch and water (slurry) and cook for 10 minutes. In a separate container mix the cornstarch and water to create a slurry. Add the slurry to pot and bring to a boil until liquid thickens and the internal temperature of the chicken reaches 165°F. Set aside.

Hold for hot service at 135°F or higher.

Components

Meat/Meat ALT 1.75 oz eq | **Vegetable** ¼ cup

Nutrients Per Serving

Calories 200.311 kcal	Cholesterol 21.906 mg	Protein 15.751 g	Vitamin A 750.452 mg
Total Fat 3.049 g	Carbohydrate 28.309 g	Sodium 512.647 mg	Vitamin C 19.661 mg
Saturated Fat 0.635 g	Dietary Fiber 9.242 g	Iron 3.586 mg	Water 64.583 g
Trans Fat 0.002 g	Sugars 3.520 g	Calcium 79.378 mg	Ash N/A

BEANS: Simply Delicious, Naturally Nutritious
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