

Chicken & Biscuits with Veggies



50 – 1 cup servings

2 oz. eq. m/ma – 2 oz. eq. Grain – ¾ cup vegetable

Ingredients	For 50 servings		Directions
	Weight	Measure	
Onions, raw, diced		2 cups	<p>In a large stock pot, melt butter. Add diced onions and cook for 10-15 minutes until very soft and translucent. Add celery and cook another 5-10 minutes until soft. Add flour to form a roux. Stir to combine and cook 5 minutes. Do not burn.</p> <p>When roux is cooked, begin to add hot chicken broth, slowly stirring with each addition with a wire whisk to remove lumps. Continue to add broth in small amounts, forming a thick and creamy sauce.</p> <p>Add salt, pepper, and thyme to the sauce.</p> <p>Add diced carrots, and potatoes to the sauce and cook about 15-20 minutes on low until veggies become tender.</p>
Celery, raw, diced	3 lb.	1 quart	
Flour, all purpose, enriched, white		2 ½ cup	
Butter, salted		1 ½ cup	
Chicken Broth, canned		1 – 1 ½ gallon	
Salt		1 T.	
Pepper, black ground		1 T.	
Carrots, raw, peeled, diced	6 lb.	4 quarts	
Potatoes, white, unpeeled, diced	5 lb.		
Thyme, dried leaves		2 tsp.	
Parsley, dried leaves		2 tsp.	
Peas, frozen	2 lb.		Spray a 4" full sized hotel pan thoroughly with pan release spray.



Chicken, frozen, diced	6 ½ lb.		Add diced chicken and peas. Pour sauce over peas and chicken and mix well. Heat chicken in a 350-degree oven until chicken and veggies are all cooked through and mixture is 165 degrees F. for 1 minute.
Biscuits, frozen		50	Cook biscuits separately and serve on biscuit with 1 cup chicken and veggies. NOTE: Carrots and potatoes in this recipe can be substitutes and/or supplemented with parsnips, rutabaga, and winter squash. Peas can be substituted or supplemented with corn.

Serving size and yield	
Serving size:	1 cup
Yield:	50 Servings

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	375	25-30
Convection:	350	20-25

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	2	ounce equivalents ¹
Fruits:		cups
Vegetables:	.75	cups

Nutrients per serving									
Calories	455	Total fat (g)	14	Cholesterol (Milligrams (mg))	62	Sodium (mg)	1342	Iron (mg)	3
Protein (grams (g))	22	Saturated fat (g)	6.9	Total sugars (g)	9.2	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	58.8	Trans fat (g)	0	Dietary fiber (g)	5.5	Calcium (mg)	79		