

COOKING INSTRUCTIONS



INGREDIENTS

Berberé chickpeas and rice	*AMOUNT/BATCH
Water	2 gallons
Drained canned chickpeas	2 #10 Cans
Parboiled brown rice	18.5 oz
Parboiled white rice	18.5 oz
Berberé Credit Booster (1.53 lbs/bag)	1 bag

* 1 batch makes one 4" hotel pan and 42 servings

Chicken Injera	AMOUNT/SERVING	AMOUNT/BATCH
Cooked Berberé chickpeas and rice	1 Cup	1 batch from above
Cooked pulled chicken	1 oz	2 lb 10 oz
Harrissa	¼ Cup	10 ½ Cups
Julienne green vegetables	¼ Cup	10 ½ Cups
Injera	1 serving size	42 serving sizes

PREPARATION

1. Add water, red beans, both rice, and Credit Booster to a 4" hotel pan
2. Stir well, let stand for 5 minutes, then stir again to make sure all powders are dissolved
3. Add cooked pulled or grilled chicken
4. Bake uncovered in a 400°F oven for 40-45 minutes or until liquid is absorbed, stir and hold hot above 160°F for service or cool for later use
5. Serve in Injera bread with Julienne vegetables

SCHOOL CREDITING OPTIONS	A	B	C
M/MA	2	3	2
LEGUME	2	1	0
VEGETABLE	1	1	2
**RED/ORANGE VEGETABLE	1	1	0
***GRAIN	3	3	3

Added Meat can be reduced and legume credit can be used as MA in its place