



BUFFALO CHICKEN MEATBALL AND RANCH RICE

Chicken meatballs perfectly cooked and hand spun in a buffalo sauce and topped onto a ranch flavored brown rice.

SERVINGS: 10 portions

Ingredients	Amount	Amount
	<u>(1 serving)</u>	<u>(10 servings)</u>
0.5 oz. Chicken Meatball (NAI) (cooked to manufactures specifications) # 11026-328	5 ea. (approx. 2.76 oz.)	50 each. (approx. 27.6 oz.)
Ranch Rice (see sub recipe)	¾ C	7 ½ C (approx. 60 oz.)
Buffalo Sauce (see sub recipe)	2 Tbsp. (approx. 1 oz.)	1 ¼ C (approx. 10 oz.)
Parsley, finely chopped	As Garnish	About ½ tsp

DIRECTIONS:

1. Lay the ranch rice down onto plate, toss the cooked meatballs with the buffalo sauce.
2. Place the tossed meatballs on top of the ranch rice and garnish with chopped parsley.
3. The ratio for a full serving is:

¾ C – ranch rice

2 Tbsp. – buffalo sauce

5 each / 2.76 ounces – Chicken Meatballs

TYSON® PRODUCTS USED:

#11026-328, 0.5 oz. Chicken Meatball (NAI)

RANCH RICE

Sub-Recipe

Yield: 60 oz. or 7 ½ C

Ingredients	Amount <u>(10 servings)</u>
Uncle Ben`s Whole Grain Instant Brown Rice, Fast & Natural	3 C (approx. (22.5 oz.)
Water	4 ½ C (approx. 37.5 oz.)
Hidden Valley Original Ranch Salad Dressing & Seasoning Mix	3 packets
Celery, micro diced	2 ½ C (approx. 6 stems)
Garlic Powder	1 Tbsp. (approx. 1 oz.)
Onion Powder	1 Tbsp. (approx. 1 oz.)

DIRECTIONS:

1. Mix the rice with water in a full-size hotel pan and cover with aluminum foil.
2. Bake rice for approx. 35 minutes inside a pre-heated 350 oven until rice is cooked.
3. While the rice is cooked and still hot, add seasonings, ranch, garlic powder, onion powder and celery and mix well.
4. Cover and hold inside a hot box at 140 degrees until ready to serve, no longer than 4 hours.

BUFFALO SAUCE

Sub-Recipe

Yield: 10 oz. or 1 ¼ C

Ingredients	Amount <u>(10 servings)</u>
Franks Red Hot Sauce	1 C (approx. 8.75 oz.)
Butter, un-salted	2 ½ Tbsp. (approx. 1.25 oz.)

DIRECTIONS:

1. Melt the butter in a sauce pot, slowly mix in add the franks red hot sauce to the melted butter.
2. Heat the mixture until a slow boil, remove and chill until ready to serve.

SKU Number: 11026-328

CN Portion	5 pieces
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	170
Total Fat (g)	10.00
Saturated Fat (g)	3.00

Sodium (mg)	200
Carbs (g)	6
Protein (g)	14

