



BBQ RICE BOWL WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2 oz. Meat/MA (3 oz. pork = 1.5 MMA = .5 oz. cheese)
2 oz. eq. Grain (1.5 OEG rice + .5 OEG Fritos)
½ c. Vegetables
 + ¼ c. **Red /Orange** (tomatoes)
 + ¼ c. **Legumes** (beans)

BBQ Rice Bowl with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
Fritos® Original Corn Chips	3 lbs. + 2 oz.	1/2 oz.
USDA Rice, Dry, Brown, Parboiled (101031)	9 lbs. + 6 oz.	1.5 oz.
USDA Black Beans, Low-sodium, Canned, #10 (100359)	3 Gal. + 2 c.	1/4 c.
USDA Pork, Pulled, Cooked, Frozen (110730)	18 lbs. + 12 oz.	3 oz.
BBQ Sauce	10 lbs. + 15 oz.	1.75 oz.
Tomatoes, Raw, Chopped	1 1/2 Gal. + 1 c.	1/4 c.
USDA Cheese, Yellow, Reduced Fat, Shredded (100012)	3 lbs. + 2 oz.	1/2 oz.
Pickle Relish, Sweet	3 1/8 c.	1/2 Tbsp.

PREPARATION

1. Cook brown rice according to package directions. Lightly fluff with a fork, and hold hot at 140°F for service.
 2. Separately, in large pots or steam table pans, heat the black beans and prepared BBQ pulled pork according to package directions. Add BBQ sauce. Ensure each product has reached 165°F then hold hot at 140°F for service.
 3. To assemble each bowl, place 3/4 c. cooked brown rice at the bottom of a serving container. Add 1/4 cup black beans and 2.5 oz. pulled pork with BBQ sauce. Top with 1/4 c. diced tomatoes and 1/2 oz. shredded cheese. Garnish with Fritos® Original Corn Chips and a 1/2 Tbsp. drizzle of pickle relish.
- Portion 1 bowl per serving.

Nutrition Facts	
1 Serving:	
Calories	554
Saturated Fat	5.8g
Sodium	811mg