

Chicken Tinga with Mexican Rice (SFR- School Food Rocks)



General Information

Recipe #	Category	Source
2114763	Lunch Entree	Local

Ingredients

Name	Quantity	Quantity + 2
Rice, Arroz Frito, 8/3#, Del Real, Product Code 499	30 lbs., 14 oz.	
Chicken, Tinga, 4/5#, Del Real, 2 M/MA Product Code 303	26 lbs., 9 oz.	
Vegetable Blend, Corn & Black Bean Fiesta, Roasted, Frozen, 6/2.5#, Simplot Roastworks, 10071179777762	3 gal., 1 pt.	
Limes, raw	12 ½ fruit (2" dia)	
Coriander (cilantro) leaves, raw	1 pt., 1 tbsp., 1 tsp.	
Cilantro Lime Crema (SFR-School Food Rocks)	1 qt., 1 pt., ¼ c.	
Sour cream, reduced fat	1 qt., 1 pt., ¼ c.	
Lime juice, raw	1 ½ c., 1 tbsp.	
Coriander (cilantro) leaves, raw	1 ½ c., 1 tbsp.	
Spices, garlic powder	¼ c., ½ tsp.	
Quick Pickled Onions (SFR- School Food Rocks)	1 pt., 1 tbsp., 1 tsp.	
Onions, raw	1 pt., 1 tbsp., 1 tsp. chopped	
Vinegar, distilled	1 pt., 1 tbsp., 1 tsp.	
Beverages, water, tap, municipal	2 ½ FL OZ	
Sugar, Granulated, 25#, C&H Sugar, 404720	½ c., 1 tsp.	
Salt, table	1 tbsp., 1 ¼ tsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross-contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling product. Replace gloves after handling any other object.

CCP: Record time and internal temperature of product when received on daily log.

Instructions:

1. Wash and dry all produce.
2. Chop cilantro and cut limes into 8 wedges, refrigerate. **Critical Control Point: Hold cold at 41°F or below until service.**
3. Prepare the Cilantro Lime Crema:
 1. Finely chop cilantro. Combine sour cream, lime juice, garlic powder, salt, and cilantro in a mixing bowl. Stir until completely blended and smooth.



Chicken Tinga with Mexican Rice

Serving Size	Yield
1 bowl	100.00

Nutrition Facts

Serving Size 1 bowl (404 gm)

Amount Per Serving		
Calories		463.337
		% Daily Value*
Total Fat	13.737 gm	21.133%
Saturated Fat	2.051 gm	10.253%
Trans Fat	0.000* gm	
Cholesterol	64.443 mg	21.481%
Sodium	1267.811 mg	52.825%
Total Carbohydrate	62.685 gm	20.895%
Dietary Fiber	7.362 gm	29.449%
Total Sugars	11.407 gm	
Includes 0.999 gm of Added Sugars		
Protein	24.093 gm	48.187%
Vitamin A	16.489*	1.832%
Vitamin C	13.088*	21.814%
Vitamin D	0.036	0.18%
Calcium	67.139	6.714%
Iron	3.187	17.704%
Potassium	655.206	13.941%
Saturated Fat % of Calories		3.983 %
Added Sugar % of Calories		0.862 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
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2. Transfer crema to a squeeze bottle or container, refrigerate. **Critical Control Point: Hold cold at 41°F or below until service.**

4. Prepare the Pickled Onions:

- 1. In a small saucepan, combine vinegar, water, salt, and sugar. Heat until sugar is fully dissolved. Remove from heat.
- 2. Slice onions. Add sliced onions to a container and pour pickling liquid over onions. Stir to combine. Cover and refrigerate for at least 30 minutes prior to service. **Critical Control Point: Hold cold at 41°F or below until service.**

5. Prepare the Arroz Frito Rice:

- 1. Place sealed bag of Arroz Frito rice in a steamer or boiling water. Heat for 45–60 minutes or until product reaches serving temperature. Carefully open bag to avoid steam burns. **Critical Control Point: Product must reach an internal temperature of 165°F for 15 seconds.**
- 2. Transfer Mexican rice to steam table pan and hold hot for service. **Critical Control Point: Hold hot at 135°F or above until service.**

6. Prepare the Roasted Corn and Black Beans:

- 1. Place roasted vegetable blend on lined sheet pans and cook for 8–10 minutes.
- 2. Transfer to steam table pan and hold hot for service. **Critical Control Point: Hold hot at 135°F or above until service.**

7. Place sealed bag of chicken tinga in a steamer or boiling water. Heat for 45–60 minutes or until product reaches serving temperature. Carefully open bag to avoid steam burns. Drain liquid. **Critical Control Point: Product must reach an internal temperature of 165°F for 15 seconds.**

8. Transfer chicken tinga to steam table pan and hold hot for service. **Critical Control Point: Hold hot at 135°F or above until service.**

9. Assembly:

- 1. Place 1 cup of Arroz Frito rice into serving bowl.
- 2. Top with 4.25 oz of chicken tinga.
- 3. Add ½ cup of roasted corn and black beans.
- 4. Drizzle with 1 Tbsp. of cilantro lime crema.
- 5. Top with 1 tsp pickled onions.
- 6. Garnish with chopped cilantro and lime wedge.
- 7. Serve immediately.

Meat/Meat Alternates	2 oz
Grains	1.25 oz
Additional Vegetables	0.25 cups
Starchy	0.25 cups

Added Sugar Limitations

Not applicable.

Vendors

C&H/Domino Sugar 
Simplot 

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

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Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

Dates

Last Updated	Created
06-30-2026	05-23-2026