



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Chicken Tinga with Chipotle Pear Sauce

100 Servings

Portion: 1 Tinga each

Meal Component Crediting K-8, 9-12: 2 oz eq M/MA, 3/8 cup vegetable (1/4 cup legumes, 1/8 cup additional), 1/8 cup fruit

Ingredients	Weight	Measure
Chicken, diced, cooked (USDA or Commercial)	12 lb 8 oz	Chicken, diced, cooked (USDA or Commercial)
Black beans, dried, seasoned, rehydrated, and prepared		1 gal 2 qt 1 cup
Vegetable oil (USDA or Commercial)		1 cup
Onion, fresh, sliced thin	3 lb 4 oz	3 qts
Chipotle pepper, canned, in adobo sauce, chopped (increase to add spice)		½ cup
Tomatoes in juice, canned, diced, undrained (USDA or Commercial)	3 lb 12 oz	2 qts OR ~0.75 #10 can
Pacific Northwest Canned Pears, sliced, juice reserved		3 gal drained OR ~3.75 #10 cans
Garlic powder		1 Tbsp 1 tsp
Bay leaf		8 each

*Recipe by Marie Parker, Nutrition Supervisor, Next Door Foundation, Milwaukee, WI
Nutrition Consultant, Columbus, OH
eatcannedpears.com*

8" Whole grain-rich tortillas (at least 1.5 oz eq) (USDA or Commercial) or Whole grain-rich tostadas or hard taco shells		100 each
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*1 #10 can pears sliced, packed in juice or light syrup provides about 7-3/8 cups (59.6 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Oven Method (Prepare 25 servings per pan)

1. Thaw chicken in the refrigerator.

CCP: Hold at 40 °F or lower.

2. Prepare black beans according to manufacturer's instructions. Hold in the warmer.
3. Preheat oven to 350°F.
4. For every 25 servings:
 - a. Per 25 servings: Add ¼ cup oil into each 4" steamtable pan.
 - b. Add 3 cups (13 oz) onions to each pan. Stir onions into the oil of the pan. Roast for 7 minutes.
 - c. Add 3 lb 2 oz thawed chicken, 2 Tbsp chipotle pepper, 2 cups tomatoes in juice, 3 qts (5 lb 15 oz) sliced pears, 1 cup pear juice, 1 tsp garlic powder, and 2 bay leaves.
 - d. Place in the oven uncovered and cook for 15 minutes. Remove from the oven and stir. Repeat 2 more times. Add more pear juice if needed.
 - e. Remove from the oven. Remove bay leaves and drain juices.
5. Serve: Spread ¼ cup black beans on each grain of choice. Top with #6 scoop (~5 oz) chicken chipotle pear mixture. If using soft tortilla, serve open-faced.

CCP: Heat to 165° F for at least 15 seconds.

CCP: Hold at 140° F or higher.

Tilt Skillet Method (Prepare 25 servings per pan)

1. Thaw chicken in the refrigerator.

CCP: Hold at 40 °F or lower.

2. Prepare black beans according to manufacturer's instructions. Hold in the warmer.
3. Heat tilt skillet:
 - a. Spread oil into the skillet.
 - b. Add onions and sauté until opaque.
 - c. Stir in thawed chicken and chipotle pepper. Cook for 3 minutes or until chipotle pepper begins to slightly turn a darker color. Deglaze with tomatoes in juice, sliced pears, 1 qt pear juice (per 100 servings), garlic powder, and bay leaves. Stir frequently. Add more pear juice if needed. Cook until juices are reduced. Remove bay leaves.
6. Serve: Spread ¼ cup black beans on each grain of choice. Top with #6 scoop (~5 oz) chicken chipotle pear mixture. If using soft tortilla, serve open-faced.

CCP: Heat to 165° F for at least 15 seconds.

CCP: Hold at 140° F or higher.

For Grab n Go Service: Serve ingredients separate in grab n go container.

Nutrients Per Serving

Calories	543 kcal
Total Fat	9 g
Total Dietary Fiber	19 g
Vitamin C	4 mg
Saturated Fat	2 mg
Trans Fat	0 g
Protein	30 g
Iron	4 mg

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Sodium	902 mg
Cholesterol	43 mg
Vitamin A	82 IU
Sugars	18 g
Carbohydrate	84 g
Calcium	70 mg