

# SWEET AND SOUR CHICKEN

Meat . Fruit/Vegetable

Ingredients	150 servings	
	Weight	Measure
<b>*Chicken Meat, diced, cooked, frozen</b> , thawed**	18 lb	.....
Vinegar	.....	2½ qt vinegar
Catsup	2½ cups	.....
Sugar	3 lb	.....
<b>*Pineapple Tidbits</b> , un-drained	.....	1 No. 10 can
Water	.....	4 cups
Cornstarch	1 lb	.....
Gound Ginger	.....	1 Tbsp
Garlic Powder	.....	1 tsp
<b>*Carrots</b> , frozen, steamed	2 lb	.....
<b>*Peas</b> , frozen	2 lb	.....

## Directions

1. In large pot, combine chicken, vinegar, catsup, sugar, and pineapple tidbits. Begin to heat.
2. In a small bowl, mix water, cornstarch, ginger, and garlic powder.
3. Pour cornstarch mixture slowly into chicken mixture, stirring constantly, until mixture is clear and thickened.
4. Mix in steamed carrots and frozen peas.

\*Commodities are in **Bold**.

\*\*All thawing time should be in the refrigerator.

**Serving:** ½ cup  
**provides 1¾ ounces of meat**  
**and 1/8 cup vegetable/fruit**

**Yield: 150 4 oz servings**

## Special Tips:

- 1) Can be served over rice or mashed potatoes.
- 2) Be sure that holding temperature is at least 140°F.

## Nutrients per serving

Calories	163	Saturated Fat	.4g	Iron	1.1mg
Protein	16g	Cholesterol	28mg	Calcium	12mg
Carbohydrate	17	Vitamin A	195RE	Sodium	98mg
Total Fat	2.7g	Vitamin C	3mg	Dietary Fiber	0g

Sweet and Sour Chicken provided by Pat Birtcher, St. Augustine Church School, Napoleon, Ohio  
*This recipe has not been standardized by USDA.*