



RED BEANS AND RICE WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2 oz. Meat/MA (2.4 oz. turkey sausage
 = 2 oz. MMA)
7/8 c. Vegetables
 3/8 c. Legumes (3/8 c. kidney beans)
 1/4 c. Other (1/8 c. onion + 1/8 c. green pepper)
2 oz. eq. Grains (.75 oz. FRITOS® Original Corn
 Chips - 1 OEG + 1 oz. dry brown rice – 1 OEG

Red Beans and Rice with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
Canned USDA kidney beans, drained	2 Gal. + 1 Qts. + 1 1/2 c.	3/8 c.
Turkey sausage	15 lbs.	2.4 oz.
Chopped onions	3 Qts + 1/2 cup	1/8 c.
Chopped green pepper	3 Qts. + 1/2 c.	1/8 c.
USDA quick cooking brown rice	1 Gal. + 2 Qts. + 1 c. dry	1 oz. dry
Reduced sodium chicken broth	17 lbs. + 8 oz.	2 7/8 oz.
USDA diced tomatoes	1 Gal. + 2 Qts. + 1 c.	1/4 c.
Cayenne pepper	3 Tbsp. + 1 tsp.	dash
FRITOS® Original Corn Chips - .75 oz.	4.68 lbs.	.75 oz.

PREPARATION

1. Cook brown rice according to manufacture instructions. Fluff rice with a fork, then hold hot at 140°F for service.
2. Slice turkey sausage into 1/4" slices. Saute in a large skillet for about 2 minutes.
3. Add chopped onions and green bell peppers to skillet. Saute until tender.
4. Add drained kidney beans, canned tomatoes with juice and chicken broth.
5. Add cayenne pepper. Heat thoroughly. Serve on top of 1/2 c. cooked brown rice.
6. Top Mixture with .75 oz. FRITOS® Original Corn Chips.

Nutrition Facts	
1 Serving:	
Calories	502
Saturated Fat	3.1g
Sodium	718mg