

BLACK BEAN CHILI BOWL WITH CHICKEN & BROWN RICE

This “plus-two” assembly combines a smoky, savory black bean chili with tender grilled chicken breast, served over a wholesome bed of brown rice. The result is a texturally rich meal that provides a comforting, mildly zesty alternative to traditional pasta or beef dishes. It’s a versatile option for healthcare menus, offering a “build-a-bowl” feel that appeals to patients looking for modern, nutrient-forward cuisine.

Ingredients:

- 8 oz. Gordon Choice Brown Rice (GFS #452446)
- 4 oz. Brickman’s Vegetarian Black Bean Soup (GFS #855782)
- 2 oz. Sandridge Sliced Grilled Chicken (GFS #466812)










Tastefully Balanced Nutritional Info
750mg Sodium or less | 15g protein or more

Nutritional Highlights (per 14 oz. serving)

This recipe is a powerhouse for fiber and potassium, making it ideal for general wellness and digestive health:

- **High Fiber:** Provides **7g of dietary fiber (27% DV)**, supporting digestive regularity and satiety.
- **Lean Protein:** **23g of protein** with **0g of saturated fat** is a great fit for heart-healthy and weight-management diets.
- **Potassium Rich:** Contains **700mg of potassium (20% DV)**, essential for maintaining healthy blood pressure levels.
- **Clean Label:** Contains **0g of added sugars** and is very low in cholesterol (12% DV) for a meal of this size.



Product	Description	Code #	Pack Size
 Gordon Choice® Cooked Brown Rice	This brown rice delivers restaurant-quality texture and flavor with minimal effort. Made with just water, long-grain brown rice, and a touch of canola oil; it’s a blank canvas for your culinary creativity.  	452446	2/4 lb.
 Brickman’s® Vegetarian Black Bean Soup	This hearty soup delivers a satisfying blend of protein-rich black beans, tender vegetables, and bold spices. Made with simple, recognizable ingredients, it offers kitchen-ready convenience that bursts with flavor.    	855782	2/8 lb.
 Gordon Choice® Fully Cooked Sliced Grilled Chicken Breast	Elevate your culinary creations with the ultimate convenience protein – pre-sliced grilled chicken breast! These juicy white meat strips arrive ready-to-use in salads, stir-fries, sandwiches, and more.	466812	4/5 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

