

Korean BBQ Beef Bowl

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 bowl

Yield: 24

Source: Health-E Pro

Ingredients:

Ingredient Name	Measurements
Ground beef, cooked	3 ½ lb
Low-Sodium BBQ Sauce	1 lb
Low-Sodium Soy Sauce	¼ cup
Ginger, ground	1/8 cup
Broccoli, raw	5 cups, chopped
Carrots, raw	5 cups, strips/slices
Mushrooms, portabella, raw	5 cups, diced
Peas, edible-podded, frozen, cooked	5 cups
Peppers, sweet, red, raw	5 cups, sliced
Water, tap, drinking	1 ¾ liter
Salt, table	1 tsp
Rice, brown, long-grain, raw	1 ½ lb

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional's may change if substituted.*

Instructions:

1. Heat beef in oven or steamer until it reaches internal temperature of 165 degrees F for 15 seconds. Place in warmer, covered, until service
2. Mix BBQ sauce with low-sodium soy sauce and ground ginger. Set aside.
3. Combine water, salt, and brown rice in hotel pans and cook in oven or steamer.

4. Prepare vegetables as needed: julienne carrots and bell peppers; slice mushrooms.
5. To assemble, use cooked brown rice as base layer, top with ground beef in the center, and arrange vegetables around the sides. Serve the sauce on top for in-house service or in a 2 oz. to-go container on the side for remote meals.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	388 kcal
Total Fat	8.53 g
Saturated fat	3.03 g
Trans Fat	0.01 g
Cholesterol	32.28 mg
Sodium	761.88 mg
Total Carbohydrate	31.77 g
Dietary Fiber	30.17 g
Total Sugars	24.00 g
Protein	20.53 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz eq.
Grain	1 oz
Vegetable	1 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*