

## Meatball Bahn Mi Recipe

**Recipe HACCP Process: #3 Complex Food Preparation**

**Serving Size: 1 sandwich**

**Yield: 50**

**Source:** Culinary Nutrition Associates

### Ingredients:

Ingredient Name	Measurements
Beef meatballs, cooked	8 lb + 4 oz
Mayonnaise dressing, low-fat	2 cups
Low-sodium soy sauce	1 tbsp
Vinegar, white	1 qt
Sugar, granulated	1 cup
Salt, table	2 tsp
Carrots, raw	2 lb + 4 oz
Radishes, raw	1 lb
Cucumbers, with peel, raw	1 ½ lb
Cilantro	4 cups
Whole wheat sub rolls	50 rolls

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

### Instructions:

1. Place meatballs on sheet pan and heat in 350° F oven for 10-15 minutes, until they reach an internal temperature of 140° F.
2. To marinate vegetables: Stir vinegar, sugar, and salt in pot. Heat until sugar and salt dissolve. Let cool. Add carrots, radishes, and cucumbers to vinegar mixture. Marinate for 30 minutes. Drain

- To assemble sandwich: lay out rolls, spread 1 tsp. mayo on bottom of the roll. Layer three slices of cucumber, 2-3 cilantro springs and ¼ cup marinated vegetables. Place 4 meatballs on top of vegetables and finish with top of roll.

**Nutritional Analysis:**

Nutrients	Nutrients Per Serving
Calories	470 kcal
Total Fat	19.00 g
Saturated fat	4.63 g
Trans Fat	0.57 g
Cholesterol	35.83 mg
Sodium	829.19 mg
Total Carbohydrate	55.57 g
Dietary Fiber	3.73 g
Total Sugars	10.37 g
Protein	19.62 g

**Meal Component Information:**

Meal Components	Amount
Meat/Meat Alternate	2 oz eq.
Grain	2 oz eq.
Vegetable	0.25 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.*