

Bulgogi Street Taco with Tofu & Mushrooms

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

“A traditional Korean marinated dish, served over rice, eaten as a taco or by itself.”

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Tofu, cut into ¼” slices	13 lbs. 12 oz.		27 lbs. 8 oz.	
Mushrooms, sliced	5 lbs. 8 oz.		11 lbs.	
Garlic, minced		1/3 cup		2/3 cup
Green onions, sliced		1 qt.		½ gallon
Soy sauce, reduced sodium		1 ½ cup		1 ½ pints
Sugar, granulated		¼ cup		½ cup
Sesame oil		½ cup		1 cup
Onion, sliced	2 lbs.		4 lbs.	
Salt		3 Tbsp.		½ cup
Pepper		2 Tbsp.		1/3 cup
Carrots, shredded	2 ¾ lbs.		5 ¼ lbs.	
Cabbage or lettuce, shredded	3 lbs.		6 lbs.	
Brown rice, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service. *Recommended cooking method: Steam covered for approximately 15 minutes.
Alternative cooking methods:
 - a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
 - b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. In a large bowl, combine the soy sauce, minced garlic, sugar, and sliced green onion. Add the tofu and the mushrooms then gently stir to coat. Allow to marinate for 30 minutes.
3. In a large tilt skillet or large pot, add sesame oil and heat over medium. Add the onions, salt & pepper and cook for 5 minutes, stirring occasionally.
Add the tofu and mushrooms and cook for about 10 more minutes, stirring occasionally.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



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Bulgogi Street Taco with Tofu & Mushrooms Continued

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Serving Information

Portion 1 cup cooked brown rice in a bowl or on a serving tray. Top rice with 1 cup tofu mushroom mix, ¼ cup carrots and 1/4 cup shredded cabbage. Garnish with sliced green onions, if desired.

Each serving provides 2 meat/meat alternates, 2 grain equivalents, ¼ cup red/orange vegetable and 1/2 cup other vegetable.

*Optional: add 2 tsp Sriracha on top of completed Bulgogi Bowl.

** Optional: Can also be served on a whole flour tortilla and then rolled as a wrap.

Nutrition Information per 2 m/ma and 2 equivalent grains *From USDA Nutrient Database

Calories: 355 Total Fat: 9g Saturated Fat: 1.7g Monounsaturated Fat: 2.9g Polyunsaturated Fat: 3.8g

Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 53g Fiber: 5.2g Total Sugar: 5.8g Protein: 17g Sodium: 455mg

Vitamin A: 220µg Vitamin C: 14mg Calcium: 287mg Iron: 3.3mg Folate: 51µg

