

Crazy Curry Bowl

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

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, Beyond Meat or similar product	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ - #10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Curry powder		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Garlic powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Black pepper, ground		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Coconut milk		1 $\frac{1}{2}$ quarts		3 quarts
Garnish: green onions		1 cup		1 pint
Rice preparation: Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

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

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



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Crazy Curry Bowl Continued

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Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative method: 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.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Meanwhile, dice the chicken-free strips with a knife or vertical cutter mixer (VCM).

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free strips and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.

4. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to simmer for about 3 minutes.

5. Transfer to a pan, cover and hold in warmer until meal service.

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

Serving Information

On serving line, portion $\frac{2}{3}$ cup of curry on top of one cup of brown rice.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and $\frac{3}{8}$ cup other vegetable.

OR

Portion $\frac{1}{3}$ cup of curry on top of $\frac{1}{2}$ cup of brown rice. Each bowl provides 1 meat alternate, 1 ounce equivalent grain and $\frac{1}{8}$ cup vegetable.

Nutrition Information per 2 meat alternate/2 oz. grain serving *From USDA Nutrient Database

Calories: 357 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 55g Fiber: 10g Total Sugar: 4g Protein: 19g Sodium: 557mg Vitamin A: 177µg
Vitamin C: 37mg Calcium: 125mg Iron: 2.5mg Folate: 78µg

