

# Teriyaki 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, 1 oz. meat alternate equivalent*	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.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
<b>Grain preparation:</b> Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water OR		$\frac{1}{2}$ gallon		1 gallon
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

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

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

# Teriyaki Bowl Continued

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## Preparation

1. Prepare grain as follows:

a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to the noodles to prevent them from sticking.

b. 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 cooking 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, chop the chicken-free strips with a knife or vertical cutter mixer (VCM).

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.

4. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.

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

Portion 1 cup of teriyaki mixture on top of one cup of brown rice or noodles.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ½ cup of teriyaki mixture on top of ½ cup of brown rice or noodles.

Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and ¼ cup other vegetable.

**Nutrition Information** per 2 m/ma, 2 oz. grain serving \*From USDA Nutrient Database

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g Sodium: 455mg Vitamin A:  
255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg

