

BBQ Nacho Bowl

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

Process # 2 – Same Day Service

Yield **50 Servings** OR **100 Servings**

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, cooked	3 pounds 8 ounces, dry		7 pounds, dry	
Garbanzo beans, canned, drained, and rinsed		2 ½ -#10 cans		5-#10 cans
Cauliflower florets, ready-to-uses	2 pounds 12 ounces		5 pounds 8 ounces	
Vegetable or canola oil		1 quart		2 quarts
Cumin		¼ cup		½ cup
Paprika		¼ cup		½ cup
Garlic powder		¼ cup		½ cup
Onion powder		¼ cup		½ cup
Chili powder		¼ cup		½ cup
Salt, divided		1/3 cup		2/3 cup
Black pepper		¼ cup		½ cup
BBQ Sauce		2 quarts		1 gallon
White vinegar		1 ½ quarts		3 quarts
Sugar, granulated		3 cups		6 cups
Cabbage mix, shredded, ready-to-use	4 pounds 8 ounces		9 pounds	
Dill pickle chips, garnish		2 quarts		1 gallon
Corn tortilla chips, 1 ounce individually packaged OR Corn tortilla chips, bulk	OR 3 pounds 12 ounces	50 Each	OR 7 pounds 8 ounces	100 Each

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



BBQ Nacho Bowl Continued

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Preparation

Rice

1. Prepare rice according to package. 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.

BBQ Chickpea ingredients

2. Heat oven to 350 degrees Fahrenheit.
3. In a large bowl, toss chickpeas and cauliflower florets with oil and arrange in single layers on parchment-lined sheet pans. Roast 30-40 minutes, until chickpeas are golden brown and the cauliflower is beginning to brown.
3. Meanwhile, in a large bowl, combine the cumin, paprika, garlic powder, onion powder, chili powder, ¼ cup salt, and black pepper. Set aside until step 5.
4. In a smaller bowl, combine the white vinegar, sugar, remaining salt and whisk until the sugar is dissolved. Pour on top of the cabbage mix and stir to combine.
5. Transfer the roasted chickpeas and cauliflower to the bowl with the spice blend and toss to coat. Then, toss the coated chickpeas and cauliflower with the BBQ sauce.

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.

Follow serving information below. The bowls can be prepared on the serving line or ahead of time.

Serving Information/Notes

1. In a bowl, portion 1/2 cup of cooked quinoa or brown rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. ¾ cup BBQ roasted chickpeas and cauliflower
 - b. ½ cup coleslaw
 - c. 3 Dill pickle chips
 - d. Corn tortilla chips, individually packaged or 1-ounce serving
 - e. Serve with additional BBQ sauce or favorite salad dressings

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, ½ cup other vegetable.

Nutrition Information

*Information will vary based on specific ingredients

Calories: 632 Total Fat: 22g Saturated Fat: 2g Monounsaturated Fat: 12g Polyunsaturated Fat: 7g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 90g Fiber: 14g Total Sugars: 21g Protein: 15g Sodium: 559mg

Vitamin A: 41µg Vitamin C: 38mg Calcium: 159mg Iron: 7mg Folate: 278µg

