

Bahn Mi Bowl

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

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Carrots, shredded, ready-to-use	2 pounds 12 ounces		5 pounds 8 ounces	
Cucumbers, sliced/diced, ready-to-use	5 pounds		10 pounds	
Rice vinegar		2 ¼ cups		4 ½ cups
Maple/pancake syrup		½ cup		1 cup
Tofu, drained, diced	7 pounds		14 pounds	
Garbanzo beans, canned, drained, and rinsed		2 -#10 cans		4 -#10 cans
Garlic powder		2 Tablespoons		¼ cup
Soy sauce or tamari		1 ½ cups		3 cups
Chili sauce, such as sriracha or hot sauce		2 Tablespoons		¼ cup
Brown or white rice, prepared	7 pounds, dry		14 pounds, dry	
Green onions, diced, ready-to-use		1 ½ cups		3 cups
Lime juice		½ cup		1 cup

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

Preparation

- In a medium bowl, combine the carrots, cucumbers, rice vinegar, and maple/pancake syrup. Refrigerate for at least 30 minutes.
- In a large bowl, combine diced tofu, drained chickpeas, garlic powder, soy sauce/tamari, and chili sauce. Refrigerate for at least 30 minutes. The tofu can be served cold or can then be baked. If baking, drain the tofu/chickpea mixture and spread out evenly on parchment lined sheetpans. Bake at 350 degrees fahrenheit for 20 minutes, or until tofu and chickpeas begin to brown.
- Prepare rice according to package instructions or follow below instructions. Fluff and add the green onions and lime juice to the cooked rice. Mix well and store in warming unit until meal service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- 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.

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



Bahn Mi Bowl Continued

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

Serving Information/Notes

1. In a bowl, portion one cup of cooked rice.
2. On the rice, portion the following ingredients in separate areas, do not layer.
 - a. $\frac{1}{4}$ cup marinated carrots and cucumbers
 - b. $\frac{1}{2}$ cup marinated tofu and chickpeas
3. If desired, served with appropriate salad dressings.

Each bowl provides 2 meat alternates, 2 ounces grain equivalent, $\frac{1}{4}$ cup other vegetable, and $\frac{1}{4}$ cup red orange vegetable, and $\frac{1}{4}$ cup other vegetable.

Nutrition Information

Calories: 457 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 1.9g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 79g Fiber: 12g Total Sugars: 13g Protein: 20g Sodium: 606mg
Vitamin A: 4 μ g Vitamin C: 9mg Calcium: 201mg Iron: 5.4mg Folate: 294 μ g

