



Recipe Name: Rainbow Vegetable Edamame Bowl

File No:

Recipe Adapted From:

[Minimalist Baker](#)



Grade Group (s): K-8, 9-12		HACCP Process		<p>Recipe Adapted From:</p> <p><a href="#">Minimalist Baker</a></p>
Number of Portions: 50		<input type="checkbox"/> #1 No Cook		
Portion Size: 1 Bowl Each		<input type="checkbox"/> #2 Cook & Serve Same Day		
Serving Utensil:		<input type="checkbox"/> #3 Includes Cooling Step		
Servings Per Pan:				
Ingredients		Weight	Measure	Procedure
Rice, Brown, Dry, USDA #100500		3 1/8 lbs		<ol style="list-style-type: none"> <li>1. Prepare rice according to the package directions.</li> <li>2. Keep rice warm.</li> </ol> <p>CCP: Hot hold at 141°F or higher.</p> <ol style="list-style-type: none"> <li>3. Add half the sesame oil and all of the chopped mushrooms to a large skillet and cook over medium heat. Sprinkle with salt and pepper. Toss to coat.</li> <li>4. Cook the mushrooms for 10-15 minutes, stirring occasionally, or until reduced in size, lightly browned, and most of the moisture has been cooked off.</li> <li>5. Transfer the mushrooms to a bowl, set aside, and keep warm.</li> <li>6. Add the remaining oil to the now empty skillet, add the cabbage, bell peppers, and about 2/3 of the onions.</li> <li>7. Cook for 3-4 minutes on medium heat, until the vegetables are bright and soft.</li> <li>8. Turn the heat to medium-low and add the edamame. Toss to combine, add the teriyaki sauce, and cover. Steam 6-8 minutes, stirring occasionally, until edamame is softened and warmed through.</li> <li>9. Combine the shredded carrots, remaining onions, and 2 1/2 cups of rice vinegar in a small bowl. Toss gently and set aside.</li> <li>10. Add remaining vinegar to warm rice, mix well, and cover.</li> <li>11. Stir warm mushrooms into the cooked cabbage, bell peppers, and edamame.</li> <li>12. To assemble bowls: layer 1/2 cup rice on the bottom of the bowl, add 3/4 cup vegetables mixture. Top each bowl with 2 Tbsp of shredded carrots, 1/2 Tbsp sliced onions, and 1 Tbsp of teriyaki sauce.</li> </ol> <p>CCP: Hot hold at 141°F or higher for service.</p> <p style="text-align: center;">DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional</p>
Oil, Sesame			1 1/2 cup 1 Tbsp	
Mushrooms, Raw, Chopped		4 1/8 lbs		
Salt			3 1/8 tsp	
Pepper			3 1/8 tsp	
Cabbage, Raw, Shredded		4 lbs		
Peppers, Bell, Red, Raw, Chopped		3 1/2 lbs		
Onions, Spring, Sliced		2 lbs		
Edamame, Shelled, Frozen		9 1/2 lbs		
Teriyaki Sauce, Low-Sodium			1 qt	
Carrots, Raw, Shredded		2 1/4 lbs		
Vinegar, Rice			1 qt	
Meal Component Contribution		Total Yield		
Meat/Meat Alternate: 2 oz eq		Weight:		
Vegetable Subgroups		Number of Pans:		
DG	RO	BPL	Pan size:	
	1/4 cup		Volume:	
S	O	A	<b>Nutritional Analysis Based on Portion Size</b>	
	1/2 cup		Calories: 331 kcal	
Fruit:		Saturated Fats (g): 1.55 g		
Grains: 1 oz eq		Sodium (mg): 322.07 mg		
Based on USDA Food Buying Guide-RAW		Calculated using NutriKids		