

KOREAN MEATBALL RICE BOWL

This Korean BBQ rice bowl is a delicious balance of flavors and textures. Sweet and spicy meatballs are paired with crunchy vegetables and a quick kimchi that really makes this dish special.

ONE PORTION PROVIDES:
2 oz. eq. grain, 2 oz. eq. meat/meat alternate, ½ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
Rice, brown, long grain, regular, dry	6 ¼ pounds	1. Combine rice and water into a 2-inch steamtable pan. Stir to combine. Cover tightly. For 50 servings use 2 pans. OVEN METHOD: Cook in a 350 °F oven for 45 to 55 minutes. STEAMER METHOD: Cook in a steamer for 30 to 40 minutes. CCP: Heat to 135 °F for at least 15 seconds. 2. Remove from oven or steamer and let stand for 10 to 15 minutes. 3. Remove cover; fluff rice with a fork before serving. CCP: Hold warm, above 135 °F for service.
Water	6 ¼ quarts	
Korean BBQ Sauce and Meatballs		
Sugar, brown, packed	1 cup	1. Combine brown sugar, soy sauce, vinegar, gochujang paste, sesame oil, ginger, and garlic. 2. Bring to a boil. Simmer until sauce thickens slightly.
Soy sauce, less sodium	1 cup	
Vinegar, apple cider	2 tablespoons	
Gochujang paste	1 ½ tablespoons	
Sesame oil	2 tablespoons	
Ginger, ground	1 tablespoon	
Garlic, granulated	1 tablespoon	3. Make a slurry by mixing cornstarch and water. Stir into sauce and bring to a boil.
Cornstarch	3 tablespoons	
Water	3 tablespoons	

Meatballs, turkey, plain or savory <i>(1 meatball provides ½ oz. eq. m/ma)</i>	8 pounds, 2 ounces <i>(200 each)</i>	4. For meatballs: cook according to package instructions. 5. Remove from oven and toss with the Korean BBQ sauce: return to oven for 5 minutes. Remove from oven and hold, covered, in warmer until service. <i>CCP: Heat to 165 °F or higher for at least 15 seconds.</i> <i>CCP: Hold warm, above 135 °F for service.</i>
Quick Kimchi Sauce		
Sriracha	2 tablespoons	1. Mix sriracha, vinegar, garlic, ginger, sugar, and pears. As you are mixing, break up pears into small pieces. Stir to combine all ingredients. 2. Combine the cabbage and shredded carrots in a bowl. Toss the cabbage and carrot mixture with the quick kimchi sauce. 3. Cover and place in refrigerator. Let sit for 2 hours or overnight. Use within 7 days. <i>CCP: hold cold for service, below 41 °F</i>
Vinegar, apple cider	1 cup	
Garlic, granulated	2 tablespoons	
Ginger, ground	2 tablespoons	
Sugar, white, granulated	2 tablespoons	
Pears, diced or sliced, drained	4 cups	
Cabbage, shredded	1 ¼ pound	2. Combine the cabbage and shredded carrots in a bowl. Toss the cabbage and carrot mixture with the quick kimchi sauce. 3. Cover and place in refrigerator. Let sit for 2 hours or overnight. Use within 7 days. <i>CCP: hold cold for service, below 41 °F</i>
Carrots, matchstick	1 pound	
To Assemble the Korean BBQ Meatball Rice Bowl		
Radishes, red, thinly sliced <i>(1/8 cup per portion)</i>	1 ½ pounds	1. Place 1 cup of brown rice in each serving bowl. 2. In one quadrant of the bowl, top with 4 glazed meatballs. 3. In a second quadrant place ¼ cup (#16 scoop) of kimchi. 4. In a third quadrant place 1/8 cup of thinly sliced radishes and 1/8 cup of sliced cucumbers. 5. Garnish with 1 tablespoon of thinly sliced scallions and 1 teaspoon of sesame seeds per bowl. 6. Serve immediately.
Cucumbers, English, thinly sliced <i>(1/8 cup per portion)</i>	2 pounds	
Scallions, cut on bias	3 cups, 2 tablespoons	
Sesame seeds (optional)	1 cup, 2 teaspoons	

NUTRITION INFORMATION

1 serving

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	400		Total Carbohydrate	65	(g)
Total Fat	7	(g)	Dietary Fiber	4	(g)
Saturated Fat	2	(g)	Total Sugars		(g)
Cholesterol	45	(g)	Vitamin D	0	(IU)
Sodium	620	(mg)	Calcium	43	(mg)
Protein	19	(g)	Iron	2	(mg)

NOTES

Often kimchi is made with Napa cabbage.
Starting with hot water in cooking rice will reduce cooking time.

YIELD/VOLUME

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)





Recipe Name: Korean Meatball Rice Bowl - USA Rice

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 cup

Meal Pattern Contribution

	Vegetables	Additional Vegetables	$\frac{1}{8}$ cup
	Vegetables	Red/Orange Vegetables	0 cup
	Vegetables	Other Vegetables	$\frac{3}{8}$ cup
	Grains		2.00 oz eq

1 cup provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{3}{8}$ cup other vegetable), 2.00 oz eq grains

Please note that:

- **For School Meals and CACFP:** Raw leafy green vegetables credit as half the volume served (For example: 1 cup raw spinach credits as 1/2 cup dark green vegetable)
- **For School Meals and CACFP:** Dried fruits credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).
- **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

NOTE: Total creditable amount cannot exceed the serving size of the product.

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Carrots, fresh, Shredded, Ready-to-use	Pound	19.90	1/4 cup raw vegetable	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)	1.0000	0.0000	1.0000

Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Cabbage, fresh, Green, Shredded, Ready-to-use	Pound	27.00	1/4 cup raw vegetable	1 lb AP = 1 lb (about 6-3/4 cups) ready-to-serve raw, shredded cabbage	1.2500	0.0000	1.2500
Cucumbers, fresh, Whole, Unpared	Pound	12.40	1/4 cup unpared, sliced vegetable		2.0000	0.0000	2.0000
Onions, green, fresh, Whole	Pound	6.70	1/4 cup raw chopped or sliced vegetable without tops	1 lb AP = 0.37 lb ready-to-serve raw onions without tops	0.2500	0.0000	0.2500
Radishes, Fresh, Without Tops	Pound	15.30	1/4 cup raw, sliced vegetable	1 lb without tops = 0.94 lb ready-to-serve raw radishes	1.5000	0.0000	1.5000

Method A - Grains Based on Exhibit A

Groups H-I

Product Description per Exhibit A	Quantity of Product	Measurement Unit	Weight or Cups of one ounce equivalent as listed in Exhibit A
Rice	100.0000	oz	1 ounce