



Recipe Name: Rainbow Vegetable Edamame Bowl

File No:

Recipe Adapted From:

[Minimalist Baker](#)



**Let's Cook**

WISCONSIN SCHOOL MEALS ROCK

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 Bowl Each	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Rice, Brown, Dry, USDA #100500	6¼ lbs	
Oil, Sesame		3 cup 2 Tbsp
Mushrooms, Raw, Chopped	8¾ lbs	
Salt		6¼ tsp
Pepper		6¼ tsp
Cabbage, Raw, Shredded	8 lbs	
Peppers, Bell, Red, Raw, Chopped	7 lbs	
Onions, Spring, Sliced	4 lbs	
Edamame, Shelled, Frozen	19 lbs	
Teriyaki Sauce, Low-Sodium		2 qt
Carrots, Raw, Shredded	4½ lbs	
Vinegar, Rice		2 qt

Procedure
<ol style="list-style-type: none"> <li>1. Prepare rice according to the package directions.</li> <li>2. Keep rice warm.</li> </ol> CCP: Hot hold at 141°F or higher. <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 ⅓ 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</li> <li>9. Combine the shredded carrots, remaining onions, and 2½ 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 ½ cup rice on the bottom of the bowl, add ¼ cup vegetable mixture. Top each bowl with 2 Tbsp of shredded carrots, ½ Tbsp sliced onions, and 1 Tbsp of teriyaki sauce.</li> </ol> CCP: Hot hold at 141°F or higher for service.

Meal Component Contribution		
Meat/Meat Alternate: 2 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	¼ cup	
S	O	A
	½ cup	
Fruit:		
Grains: 1 oz eq		
Based on USDA Food Buying Guide-RAW		

Total Yield
Weight:
Number of Pans:
Pan size:
Volume:
<b>Nutritional Analysis Based on Portion Size</b>
Calories: 331 kcal
Saturated Fats (g): 1.55 g
Sodium (mg): 322.07 mg
Calculated using NutriKids

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
 S - starchy O - other A - additional