

# GR-272655 · Korean Bulgogi Rice Bowl · 2 oz · 48 servings

Grain: 2

Meat: 2

Red/Orange: 1/8

Other Veg: 7/8

Sesame

Soy

Wheat

## Section 1

Beef, chuck for stew, separable lean and fat, all grades, cooked, braised 10 lb

Water, tap, municipal  
1 qt

Low sodium beef base 6 x 1 lb  
1 tbsp

Onions, raw  
5 cup, chopped

Oil, vegetable  
2 tbsp

Mushrooms, white  
6 cup pieces

Gochujang Korean Pepper Sauce  
1 1/2 qt

Seeds, sesame seeds, whole, dried  
1 tbsp

Rice, brown, long-grain, raw (Includes foods for USDA's Food Distribution Program)  
1 7/8 gal

Onions, spring or scallions (includes tops and bulb), raw  
2 cup, chopped

Carrots, raw, chopped  
1 3/4 qt

Cabbage, raw  
5 lb

2 days before service- Pull **beef** and de-case on bottom shelf of cooler to thaw.

Day of service:

Mix **water** with **beef base** to create beef stock.

- Beef: Braise beef in beef stock in a tightly lidded pan in a 350° oven until reaches at least 145° F
- Chop **onions** and oven sauté in **oil** until translucent. Add **mushrooms** and saute until softened.
- Drain Beef; Place in a 4" deep full size steamer pan or 6" 1/2 steamer pan.
- Gently mix in cooked onions to pan of beef being careful not to break up beef
- Pour **sauce** over beef and onions, top with **sesame seeds** and place in warmer or steam table.

To Serve: · Offer 1 cup **brown rice** (2 oz B/G) with 1/2 cup (4 oz spoodle) beef & sauce mixture (2 oz M/MA)

Potential additions to the recipe include **chopped scallions**, **shredded carrots** and **shredded cabbage**.

- Allow students to self-top with veggies

# Korean Bulgogi Rice Bowl

## Nutrition Facts

Servings Per Container 1

**Serving Size 2 oz**

Amount Per Serving

**Calories** **701**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 3g **17%**

Trans Fat 0g

**Cholesterol** 94mg **31%**

**Sodium** 453mg **20%**

**Total Carbohydrate** 109g **40%**

Dietary Fiber 7g **23%**

Sugars 18g

Includes 14g Added Sugars **28%**

**Protein** 41g **81%**

Vitamin D: 1% DV • Potassium: 18% DV

Calcium: 5% DV • Vitamin A: 32% DV

Iron: 28% DV • Vitamin C: 24% DV

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.