

## BIBIMBAP

Add a global flair to your menu with the classic Bibimbap, a Korean dish where U.S.-grown rice is topped with vegetables or kimchi and gochujang. This is a vegan option. Egg and beef are sometimes added.

1 BOWL PROVIDES:

2 oz. eq. whole grain, 2 oz. eq. m/ma, ½ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-grown rice, brown, parboiled	6 ½ pounds	1. Combine rice and water into a steam table pan. Stir to combine. Cover tightly. <ul style="list-style-type: none"> <li>● OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes.</li> <li>● STEAMER METHOD: Cook in a steamer for 25 to 30 minutes.</li> </ul> <i>CCP: Heat to 135 °F for at least 15 seconds.</i>
Water	6 ½ quarts	
Tofu, extra firm	6 pounds, 14 ounces	2. Remove from oven or steamer and let sit for 10 to 15 minutes. 3. Dice tofu into 1-inch cubes. 4. Combine soy sauce, gochujang, and sesame oil. Pour marinade over tofu and gently toss. Marinate tofu for at least 1 hour. 5. Spread tofu on a parchment-lined sheet tray. Bake at 425 °F for 35 minutes.
Soy sauce	3 ounces	
Gochujang sauce	2 tablespoons	
Sesame oil	2 tablespoons	
Edamame, shelled, frozen	4 ¾ pounds	
Carrots, matchstick	2 ½ pounds	6. Steam edamame according to package directions. 7. Lightly steam matchstick carrots until just tender.

Cucumbers	4 ¾ pounds	8. Cut cucumbers into quarters lengthwise. Slice the quarter rounds into ¼- inch slices.
<b>BIBIMBAP SAUCE</b>		
Gochujang sauce	6 tablespoons	9. Whisk all sauce ingredients together. Set aside.
Vinegar, rice can substitute white vinegar	4 ounces	
Soy sauce	12 ounces	
Sesame oil	4 ounces	
Sugar, brown	½ cup	
Garlic, granulated	2 tablespoons	
<b>ASSEMBLY</b>		
Green onions, cut on bias.	1 pound	To assemble, place 1 cup (# 4 scoop) of rice in the serving bowl. Top with:  #10 scoop of tofu #16 scoop of edamame #16 scoop of matchstick carrots # 16 scoop of sliced cucumber  Garnish with 1 tablespoon of green onions, 1 tablespoon of bibimbap sauce, and an optional sprinkle of sesame seeds.
Sesame seeds, optional garnish	As needed	

**NUTRITION INFORMATION**

1 serving = 1 bowl

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	360	kcal	Total Carbohydrate	58	(g)
Total Fat	9	(g)	Dietary Fiber	6	(g)
Saturated Fat	1	(g)	Added Sugars	3	(g)
Cholesterol	0	(mg)	Vitamin D	0	(IU)
Sodium	620	(mg)	Calcium	136	(mg)
Protein	15	(g)	Iron	3	(mg)

**NOTES**

*Optional vegetable toppings: sliced red peppers, bean sprouts, red cabbage, zucchini.*

*Optional meat toppings: seasoned ground beef, hard cooked egg.*

**SOURCE**

Samantha Cowens-Gasbarro, Healthy School Recipes

## Recipe Analysis Workbook (RAW)





**Recipe Name:** Bibimbap

**Servings per Recipe:** 50

**Recipe Number:**

**Serving Size:** 1 cup

### Meal Pattern Contribution

	Vegetables	Red/Orange Vegetables	$\frac{1}{4}$ cup
	Vegetables	Other Vegetables	$\frac{1}{4}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains (Method B)		2.00 oz eq

**1 cup provides  $\frac{1}{2}$  cup total vegetable (  $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{4}$  cup other vegetable ), 2.00 oz eq meat/meat alternate, 2.00 oz eq grains**

**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
<b>Carrots, fresh, Shredded, Ready-to-use</b>	Pound	19.90	1/4 cup raw vegetable	1 lb AP = 1 lb shredded carrots ready-to-use (about 4-7/8 cups)	2.5200	0.0000	2.5200

**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
<b>Cucumbers, fresh, Whole, Unpared</b>	Pound	10.50	1/4 cup pared, diced or sliced vegetable	1 lb AP = 0.84 lb ready-to-serve raw, pared, sliced cucumber	4.7700	0.0000	4.7700
<b>Onions, green, fresh, Whole</b>	Pound	15.00	1/4 cup raw vegetable, with tops	1 lb AP = 0.83 lb ready-to-serve, raw onions with tops	1.0000	0.0000	1.0000

**Meats/Meat Alternates**

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
<b>Beans, Soy, fresh (Edamame), Shelled</b>	Pound	10.70	1/4 cup cooked, drained edamame		4.7500	0.0000	4.7500
<b>Tofu, Commercially-prepared;</b> <i>2.2 ounces (or 1/4 cup), containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent meat alternate (37 grams of protein per pound).</i>	Pound	7.28	1/4 cup or 2.2 oz by weight provides 1 oz meat alternate		6.8750	0.0000	6.8750

**Method B - Grains Based on FBG**

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
<b>Rice (Group H)</b> , <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	6.5000	6.5000