

# Rainbow Hummus Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

OR

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Brown rice, instant, cooked	3 pounds 8 ounces, dry weight		7 pounds, dry weight	
Hummus, prepared OR <b>Homemade hummus:</b>		1 ½ gallons + 1 cup (25 cups total)		3 gallons + 2 cups (50 cups total)
<i>Garbanzo beans, canned, drained, and rinsed</i>		2 ½-#10 cans		5-#10 cans
<i>Garlic cloves, peeled</i>		25 cloves		50 cloves
<i>Cumin, ground</i>		½ cup		1 cup
<i>Salt</i>		2 Tablespoons		¼ cup
<i>Black pepper</i>		2 Tablespoons		¼ cup
<i>Lemon juice</i>		2 ¼ cups		4 ½ cups
<i>Olive oil</i>		2 ¼ cups		4 ½ cups
<i>Water *used for desired consistency</i>		As needed		As needed
Purple cabbage, shredded, ready-to-use	4 pounds 8 ounces		9 pounds	
Baby spinach, ready-to-use	4 pounds		8 pounds	
Carrots, shredded, ready-to-use	2 pounds 12 ounces		5 pounds 8 ounces	
Zucchini, diced, ready-to-use	4 pounds		8 pounds	
Pita bread or tortilla, 1-ounce grain equivalent		50 each		100 Each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.



# Rainbow Hummus Bowl Continued

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## Preparation

1. Prepare rice according to package. Hold in warming unit until service.

\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. If making the hummus, add all ingredients for the hummus, except for the water, to a food processor or Robot Coupe. Blend until smooth. Add water,  $\frac{1}{2}$  cup at a time, until desired consistency is reached.

3. Follow serving information below to prepare each bowl.

## Serving Information

1. In a bowl, portion  $\frac{1}{2}$  cup of the cooked brown rice.
2. Next to the rice, portion the following ingredients in separate areas; do not layer.
  - a.  $\frac{1}{2}$  cup hummus
  - b.  $\frac{1}{2}$  cup shredded cabbage
  - c.  $\frac{1}{2}$  cup baby spinach
  - d.  $\frac{1}{4}$  cup shredded carrots
  - e.  $\frac{1}{4}$  cup diced zucchini
3. Service with a 1-ounce equivalent serving of pita bread or a tortilla. If desired, offer a variety of salad dressings.

Each bowl provides 2 meat alternates, 2-ounce grain equivalents,  $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{2}$  cup other vegetable, and  $\frac{1}{4}$  cup dark green vegetable.

## Nutrition Information \*From USDA Nutrient Database

Calories: 562 Total Fat: 14g Saturated Fat: 1.8g Monounsaturated Fat: 8g Polyunsaturated Fat: 2.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 80g Fiber: 13g Total Sugar: 8g Protein: 17g Sodium: 391mg Vitamin A: 304 $\mu$ g Vitamin C: 38mg Calcium: 131mg Iron: 5.8mg Folate: 204 $\mu$ g

