




INGREDIENTS

- 1 Pound Ground Beef (20% or leaner)
- 2 Cups Cooked Short-Grain White Rice (enriched or whole grain rich)
- 1 Cup Carrots (julienned)
- 1 Cup Spinach (fresh)
- 1 Cup Zucchini (sliced)
- 1 Cup Bean Sprouts
- 3 Tablespoons Gochujang Sauce (adjust for spice level; can substitute with Sriracha)
- 1 Tablespoon Sesame Oil
- 2 Tablespoons Low-Sodium Soy Sauce
- 4 Eggs

DIRECTIONS

1. Cook the rice according to package instructions; set aside.
2. In a skillet, brown ground beef over medium-high heat (5-7 minutes), draining excess fat.
3. Stir in gochujang (or sriracha), soy sauce, and sesame oil; simmer on low for 5 minutes.
4. Sauté vegetables in sesame oil over medium heat until tender-crisp (about 7 minutes).
5. Fry eggs sunny-side up until whites are set but yolks are runny (about 3 minutes).
6. Assemble bowls by layering rice, beef mixture, sautéed vegetables, and topping with fried egg. Drizzle with additional gochujang if desired.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

8 Cups

PORTION SIZES

Toddler: ¼ Cup Rice + ½ Egg & ½ Oz Beef + ⅛ Cup Vegetables

Preschool: ¼ Cup Rice + ½ Egg & ½ Oz Beef + ¼ Cup Vegetables

School Age: ½ Cup Rice + ½ Egg & 1 Oz Beef + ½ Cup Vegetables

Adult: 1 Cup Rice + ½ Egg & 1 Oz Beef + ½ Cup Vegetables