

soba noodle bowl



Serving Suggestion



soba noodle bowl

portion size:
1 bowl

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Soba or whole grain spaghetti, dry		6 lbs. 4 oz.		12 lbs. 8 oz.	<ol style="list-style-type: none"> 1. Cook noodles until al dente. Drain and rinse with cool water. 2. Place meatballs on a parchment lined sheet pan. Brush meatballs lightly with teriyaki sauce. Heat in a 350°F oven until internal temperature reaches 165°F as measured by a meat thermometer. 3. Steam broccoli and peppers until crisp tender. 4. Divide broccoli, peppers, and onions in 2" hotel pans. 5. Toss noodles together with teriyaki sauce and vegetables. Place in a 350°F oven to heat through. 6. Portion 1 ¼ c. noodles and vegetables for each serving. Place 4 meatballs on top of noodles. Serve immediately or hold at 140°F.
JENNIE-O® Savory Turkey Meatballs, #6399-30, thawed		8 lbs. 2 oz.		16 lbs. 4 oz.	
Teriyaki sauce, prepared					
Broccoli florets, RTU		2 lbs. 3 oz.		4 lbs. 6 oz.	
Red bell peppers, sliced		2 lbs. 9 oz.		5 lbs. 2 oz.	
Green onions, diced	10 ea.		20 ea.		
Teriyaki sauce, prepared		1 qt.		2 qt.	

1 serving provides 2 oz. meat/meat alternate,
2 servings bread/grain, and ¼ cup vegetable.

For preparation by a food preparation establishment only,
according to the food code or equivalent.

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Nutrients Per Serving					
Calories	352 cal	Trans Fat	0 g	Carbohydrates	53 g
Fat	6 g	Cholesterol	45 mg	Dietary Fiber	6 g
Saturated Fat	2 g	Sodium	861 mg	Protein	25 g

*Nutrient analysis is based on the use of whole gain spaghetti noodles.