



This Recipe Meets:



2 oz. eq. grain



2 oz. eq.
meat/meat
alternate*



1/2 cup
vegetable*

MorningStar
FARMS

Buffalo Wings Power Bowl

Serving Size: 1 Bowl | Yields: 50 Servings

Ingredients	Weight	Measure
MorningStar Farms® Veggie Buffalo Wings	8 lbs. 8 oz.	150 wings (0.66 oz. ea.)
Brown Rice, Parboiled	7 lbs. 4 oz.	16 2/3 cups
Water	10 lbs.	5 quarts
Garlic, Granulated	1.5 oz.	4 tbsp.
Bay Leaf	0.1 oz.	2 ea.
Edamame Beans, Shelled, Fresh (can substitute with chickpeas in the same amount)	5 lbs.	12 1/2 cups
Carrots, Peeled and Shredded	2 lbs. 8 oz.	12 1/2 cups
Cucumber, Diced Small	4 lbs. 5 oz.	12 1/2 cups
Black Beans, Canned, Drained and Rinsed	5 lbs. 4 oz.	12 1/2 cups
Mild Buffalo Sauce, Low Sodium	50 oz.	6 1/4 cups

Directions**

1. Rinse the brown rice off under cold water.
2. Divide rice evenly between (2) 2" hotel pans. Add 2.5 quarts of the water, 2 tbsp. granulated garlic, and 1 bay leaf to each pan and mix to combine. Cover both pans tightly with plastic wrap and foil, crimping the edges.
3. Steam or bake at 350°F for 45-50 minutes, until cooked through.
4. Allow to cool, fluff with a spoon, and store chilled at 40°F or below.
5. Tray up the MorningStar Farms® buffalo wings in a single layer and bake at 350°F for 14-16 minutes.
6. Allow the wings to cool, then slice each wing into 3-4 slices.

To Serve

1. Scoop 1 cup of the cooked and cooled brown rice into the bottom of a bowl.
2. Scoop 1/4 cup edamame (or chickpeas), 1/4 cup carrots, 1/4 cup cucumber, and 1/4 cup black beans on top of the rice in separate piles around the edges.
3. Scoop 1/2 cup of the sliced wings on top, in the middle of the rice (about 3 wings in each 1/2 cup).
4. Serve with 2 tbsp. buffalo sauce in a side cup. Keep chilled if storing before service, at or below 40°F.

Item #	Distributor #	Product Description	Case
28989-10407		MorningStar Farms® Veggie Buffalo Wings, CN Labeled, Vegan	1 ct./10 lbs.

*Meat/meat alternate meal pattern credit from buffalo wings, black beans, and edamame. Vegetable crediting includes 1/4 cup Red/Orange and 1/4 cup Other.
**Oven times may vary depending on oven type, temperature accuracy, and quantity of food. Times given are approximate. ©2025 Kellanova