



**Nutrition Facts**

Serving Size	1 bowl
<b>Amount Per Serving</b>	
<b>Calories</b> 510	
	<small>% Daily Value</small>
<b>Total Fat</b> 13g	<b>20%</b>
<b>Saturated Fat</b> 3g	<b>15%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 1950mg	<b>81%</b>
<b>Total Carbohydrate</b> 85g	<b>28%</b>
<b>Dietary Fiber</b> 8g	<b>32%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin A %	Vitamin C %
Calcium %	Iron %



Total Time  
**80 MIN.**

Serving Size  
**1 BOWL**

Difficulty  
**MEDIUM**

Yields  
**16**

Packed with earthy mushrooms, nutty grains simmered in Harvest Butternut Squash Soup and healthy greens, this rich vegetarian power bowl is drizzled with a simple but tasty miso dressing.

**Tip**

- Alternatively, sauté mushrooms to order.
- For a gluten-free bowl, use tamari instead of soy sauce.

Serving Tips:

INGREDIENTS	WEIGHT	MEASURE
	1 pouch (8 cups/4 lb)	1 pouch (1.81 kg)
	2 cups	500 mL
	1 cup	250 mL
	1 cup	125 mL
	1 cup	60 mL
	3 tbsp	45 mL
	4 cups	1 L
	1 cup	75 mL
	2 lbs	1 kg
	1 lb	500 g
	1 lb	250 g
	2 tsp	10 mL
	1 cup	250 mL
	1 cup	125 mL
	1 cup	75 mL
	2 tbsp	30 mL
	2 tbsp	30 mL
	2 tbsp	30 mL
	20 cups	5 L



## INSTRUCTIONS

1. **Brown Rice and Red Quinoa:** In large saucepan, bring soup to simmer. Stir in red quinoa, mirin, soy sauce, ginger and garlic. Cover and cook for 18 to 20 minutes, stirring every 5 minutes; add brown rice. Cover and cook, stirring every 5 minutes, for 15 to 20 minutes or until rice and quinoa are tender and most of the liquid is absorbed. Let stand for 5 minutes and fluff with fork. Let cool completely. (Makes 12 cups/3 L.)

2. **Sautéed Mushrooms:** Heat oil in large rondeau or tilt fryer set over medium-high heat. Sauté mushrooms, salt and pepper for 8 to 10 minutes or until golden brown and tender. Hold for service.

3. **Miso Dressing:** Whisk together rice wine vinegar, miso, soy sauce, ginger, honey and sesame oil. Can be prepared 24 hours in advance and refrigerated. (Makes 2 cups/500 mL.)

**Serving:** Toss together 3/4 cup (175 mL) rice and quinoa with 1 cup (250 mL) microgreens. Transfer to serving bowl. Top with 1/2 cup (125 mL) mushrooms. Sprinkle 1/4 cup (60 mL) microgreens over top. Drizzle with 2 tbsp (30 mL) dressing.