



Recipe Name: Asian Vegetables with Tofu

File No:



Recipe Adapted From:

USDA ICN Recipe Box

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: ¾ cup	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure	Procedure
Oil, vegetables		¼ cup	1. Prepare stir-fry sauce recipe. 2. Heat oil in a large stock pot. 3. Add broccoli and cook uncovered, over medium-high heat, for 2-3 minutes. 4. Add squash and simmer, uncovered, for an additional 3-4 minutes. 5. Add bell peppers and continue to cook for an additional 2-3 minutes. 6. Prepare tofu. See Tofu in a Nutshell for additional information. 7. Add carrots, tofu, water, soy sauce, garlic powder, pepper, and ginger. 8. Stir well to combine. 9. Continue simmering, uncovered, until all vegetables are tender. 10. Reduce heat to low and add stir-fry sauce from step #1. Mix well. 11. Divide into 2 steam table pans. CCP: Hot hold for service at 135°F or higher. Serve with Rice: ½ cup = 1 oz eq wg Cooking Rice USDA Recipe for Schools (theicn.org)
Broccoli, Raw, Florets, Chopped	6 lbs		
Squash, Yellow, Raw, Diced	2 lb		
Pepper, Bell, Red, Raw, Julienne Sliced	4 lbs		
Carrots, Raw, Diced	5 lbs		
Tofu, Firm, Diced	14 lbs		
Water		1 cup	
Soy Sauce, Low-Sodium		2 cup	
Garlic Powder		4 tsp	
Pepper, Ground, Black		1 tsp	
Ginger, Fresh, Minced		½ cup 3 Tbsp	
Stir-fry Sauce Recipe		1¼ gal 2 cups	

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 1 oz eq			Weight:		
Vegetable Subgroups			Number of Pans: 2		
DG	RO	BPL	Pan size: 12" x 20" x 2½"		
⅛ cup	⅛ cup		Volume:		
S	O	A	Nutritional Analysis Based on Portion Size		
		⅛ cup	Calories: 126 kcal		
Fruit:			Saturated Fats (g): 0.80 g		
Grains:			Sodium (mg): 591.35 mg		
Based on USDA Food Buying Guide-RAW			Calculated with Nutrikids		

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional