



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: 50 | |
| Portion Size: ¾ cup | |
| Serving Utensil: | |
| Servings Per Pan: | |

| Ingredients | Weight | Measure |
|---|--------|---------------|
| Oil, vegetables | | 2 Tbsp |
| Broccoli, Raw, Florets, Chopped | 3 lbs | |
| Squash, Yellow, Raw, Diced | 1 lb | |
| Pepper, Bell, Red, Raw, Julienne Sliced | 2 lbs | |
| Carrots, Raw, Diced | 2½ lbs | |
| Tofu, Firm, Diced | 7 lbs | |
| Water | | ½ cup |
| Soy Sauce, Low-Sodium | | 1 cup |
| Garlic Powder | | 2 tsp |
| Pepper, Ground, Black | | ½ tsp |
| Ginger, Fresh, Minced | | ¼ cup 1½ Tbsp |
| Stir-fry Sauce Recipe | | 2 qt 3½ cups |

| Procedure |
|--|
| 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 Cooking Rice USDA Recipe for Schools (theicn.org) |

| 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" | | |
| 1/8 cup | 1/8 cup | | Volume: | | |
| S | O | A | Nutritional Analysis Based on Portion Size | | |
| | | 1/8 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