



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: 25	
Portion Size: ¾ cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure
Oil, Vegetables		1 Tbsp
Broccoli, Raw, Florets, Chopped	1½ lbs	
Squash, Yellow, Raw, Diced	½ lb	
Pepper, Bell, Red, Raw, Julienne Sliced	1 lbs	
Carrots, Raw, Diced	1¼ lbs	
Tofu, Firm, Diced	3½ lbs	
Water		¼ cup
Soy Sauce, Low-Sodium		½ cup
Garlic Powder		1 tsp
Pepper, Ground, Black		¼ tsp
Ginger, Fresh, Minced		¾ Tbsp
Stir-fry Sauce Recipe		1 qt 1¾ cups

Procedure
<ol style="list-style-type: none"> 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. Place in a steam table pan and cover.
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)

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"
⅓ cup	⅓ cup		Volume:
S	O	A	Nutritional Analysis Based on Portion Size
		⅓ 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

<p><u>Equipment (if not specified in procedures above):</u></p> <p>DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional</p>
