



Recipe Name: Southwest Tofu Scramble File No:

Recipe Adapted From:



USDA

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	Procedure
Quinoa, Dry, Uncooked	2 lbs		1. Prepare quinoa: rinse in a fine mesh strainer until water runs clear. Combine quinoa and water in a large covered pot. 2. Bring to a boil, reduce heat to low. 3. Simmer uncovered for 10-15 minutes until water is absorbed. Quinoa will be soft, a white ring will pop out of the kernel. 4. Fluff with fork. CCP: heat to 135°F for at least 15 seconds. 4. Divide quinoa evenly into two steam table pans. Cover tightly. CCP: Heat to 135°F or higher, and hot hold. 5. Prepare Tofu. See Tofu in a Nutshell for additional information. 6. Crumble into a large stock pot. Add oil, heat uncovered over medium heat for 2-3 minutes, stirring constantly to mix well. 7. Add garlic, cumin, pepper flakes, tumeric, bell pepper, and onion. 8. Heat uncovered over medium heat until heated through, about 10 minutes, stirring constantly. 9. Divide tofu mixture evenly and add to the quinoa in the steam table pans. Mix well. CCP: Heat to 135°F or higher, and hold for service.
Water		2 qt	
Oil, Vegetable		1½ Tbsp	
Tofu, Extra Firm	6 lbs		
Garlic, Raw, Minced		2 Tbsp	
Cumin, Ground		1 Tbsp	
Pepper, Red, Crushed, Flakes		1 tsp	
Salt		2 tsp	
Pepper, Black, Ground		½ tsp	
Tumeric, Ground		2 Tbsp	
Peppers, Bell, Red, Raw, Diced	1½ lbs		
Onion, Sweet, Fresh, Diced	1 lbs		

Meal Component Contribution				Total Yield		
Meat/Meat Alternate: 1.5 oz eq				Weight:		
Vegetable Subgroups				Number of Pans:		
DG	RO	BPL		Pan size: 12" x 20" x 2½"		
	⅛ cup			Volume:		
S	O	A		Nutritional Analysis Based on Portion Size Calories: 164 kcal Saturated Fats (g): 1.25 g Sodium (mg): 233.68 mg Calculated using NutriKids		
Fruit:						
Grains: 1 oz eq						
Based on USDA Food Buying Guide-RAW						

Equipment (if not specified in procedures above):

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