



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

| Ingredients | Weight | Measure | Procedure |
|--------------------------------|--------|--------------|---|
| Quinoa, Dry, Uncooked | 4 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 | | 1 gallon | |
| Oil, Vegetable | | 3 Tbsp | |
| Tofu, Extra Firm | 12 lbs | | |
| Garlic, Raw, Minced | | ¼ cup | |
| Cumin, Ground | | 2 Tbsp | |
| Pepper, Red, Crushed, Flakes | | 2 tsp | |
| Salt | | 1 Tbsp 1 tsp | |
| Pepper, Black, Ground | | 1 tsp | |
| Tumeric, Ground | | ¼ cup | |
| Peppers, Bell, Red, Raw, Diced | 3 lbs | | |
| Onion, Sweet, Fresh, Diced | 2 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