



Recipe: Tofu & Broccoli "Fried" Rice

File No:

Recipe Adapted From:

Project Bread & Chef Didi Emmons



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: 1 cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure
Rice, Brown, Dry, USDA #100500	3 1/8 lbs	
Oil, Vegetable		1/2 cup
Onions, Raw, Chopped		2 large
Garlic, Raw, Minced		1/2 cup
Ginger, Fresh, Minced		1/2 cup
Carrots, Raw, Diced		2 large
Broccoli, Frozen, Thawed, Drained, Diced, USDA #110473	5 1/4 lbs	
Corn, Frozen, No Salt Added, USDA #100348	2 lbs	
Tofu, Firm, Diced	1 lbs	
Soy Sauce, Low-Sodium		1 cup
Vinegar, Cider		1/2 cup
Water		1 cup

Procedure
<ol style="list-style-type: none"> 1. See Tofu in a Nutshell for preparation information. 2. Cook the rice per package directions. 3. Heat oil in a tilt skillet or steam-jacket kettle over medium-high heat. 4. Saute carrots and broccoli, stirring for 5 minutes. 5. Add onions, garlic, and ginger. Cook for 2-3 minutes. 6. Add cooked rice and corn. Stir well and cook until heated through. 7. Add diced tofu, soy sauce, and vinegar. Add water only if necessary to loosen any bits stuck to the pan. CCP: heat through to 165°F for 15 seconds. 8. Divide mixture evenly between 2 hotel pans and cover. CCP: hot hold for service at 140°F or higher.

Meal Component Contribution		
Meat/Meat Alternate: 1.5 oz eq		
Vegetable Subgroups		
DG	RO	BPL
1/4 cup		
S	O	A
		1/4 cup
Fruit:		
Grains: 1 oz eq		
Based on USDA Food Buying Guide-RAW		

Total Yield
Weight:
Number of Pans:
Pan size:
Volume:
Nutritional Analysis Based on Portion Size
Calories: 244 kcal
Saturated Fats (g): 1.25 g
Sodium (mg): 340.19 mg
Calculated using NutriKids

Equipment (if not specified in procedures above):

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