

Broccoli Tofu Stir Fry

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 32 oz.

8(4 oz.) Servings

Ingredients	Qty	Measure
Fresh Broccoli	1	lb
Firm Tofu	14	oz
Soy Sauce	¼	cup
Red Pepper flakes	½	tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté and serve.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

4 oz. of stir fry, garnish with 1 tsp. toasted almonds

Nutrition Information

 *From USDA Nutrient Database

Calories: 50 Total Fat: 2 g Saturated Fat: 0 g Carbohydrate: 3 g Protein: 6 g Sodium: 1201 mg
Vitamin A: 0% Vitamin C: 27% Calcium: 11% Iron: 5%