

## JAPANESE VEGETABLE STIR FRY

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
81 cal	13 g	4 g	2 g	0 mg	475 mg	63 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CARROTS,FRESH,SLICED	7-3/4 lbs	1 gal 2-7/8 qts	9-1/2 lbs
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
SOY SAUCE	1-3/4 lbs	2-3/4 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	11-3/4 oz	1-3/8 cup	
VINEGAR,DISTILLED	1-3/4 oz	3-1/3 tbsp	
JUICE,LEMON	1-1/8 oz	2 tbsp	
SUGAR,BROWN,PACKED	3-7/8 oz	3/4 cup	
ONIONS,FRESH,GRATED	1-7/8 oz	1/4 cup 1-2/3 tbsp	2-1/8 oz
GINGER,GROUND	1/2 oz	2-1/3 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
WATER	14-5/8 oz	1-3/4 cup	
CORNSTARCH	7/8 oz	3 tbsp	
OIL, CANOLA	7-2/3 oz	1 cup	
BROCCOLI,FROZEN,CUT	16-1/2 lbs	3 gal	
BEANS,GREEN,FROZEN,WHOLE	4-3/8 lbs	1 gal	
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	2 lbs

**Method**

- 1 Wash and trim fresh vegetables.
- 2 Combine soy sauce, pineapple juice, vinegar, and lemon juice.
- 3 Add brown sugar, minced onions, ginger, and garlic to soy sauce mixture. Mix until well blended. Bring to a boil, reduce heat, simmer 1 minute.
- 4 Blend cornstarch with water to make a smooth paste. Slowly add paste to soy sauce mixture stirring constantly, simmer 5 minutes or until lightly thickened. Remove from heat.
- 5 Stir-fry vegetables in 50 portion batches in salad oil as follows: Carrots, 3 minutes; add green beans and onions, 2 minutes; add broccoli, 2 minutes. Do not overcook.
- 6 Pour approximately 3-1/2 cups of sauce over each batch of vegetables and garnish with 1 quart of green onions.
- 7 CCP: Hold at 140 F. or higher for service.