



# Protein Penne Vegetable Stir Fry (Fresh Vegetables, Vegan)



**No.** T-025-00

**Yield**

100 Portions

(4-2/3 Gallons)

**Each Portion**

3/4 Cup (4-1/3 Ounces)  
Vegetables + 3/4 cup lentil pasta

**Pan Size and Number**

Griddle or Tilting Skillet, 12 x 20 x 2-1/2 - Inch Steam Table Pans (4),

Steam-Jacketed Kettle

**Temp** 400°F

**Time** ~20 min.

**Vegetables**

**Go for Green® Color and Sodium**

**Codes**

Green(Eat Often) High Sodium

## Ingredients

## Nutrition Facts

Calories

Carbohydrates

Sugars\* 4 g

Protein 15 g

Fat 5 g

Saturated Fat 0.7 g

Cholesterol 0 mg

Sodium 491 mg

Calcium 37 mg

Fiber 5.2 g

**Ingredient**

**Measure**

**Weight**

**Approx.**

**Issue**

SOY SAUCE, REDUCED SODIUM	1 qt	216	
WATER, COLD	7 cups	3-½ lb	
HOISIN SAUCE	1-½ cup	12 oz	
PEPPER, RED, CRUSHED	2 tbsp	1/3 oz	
GINGER, GROUND	1/3 cup	1 oz	
GARLIC, GRANULATED	4 tbsp	1-½ oz	
CORNSTARCH	7 tbsp	2 oz	
WATER, COLD	¾ cup	6 oz	
OIL, SESAME	1-2/3 cup	9-1/3 oz	
OIL, VEGETABLE, CANOLA	½ cup	4 oz	
BROCCOLI, FRESH, FLORETS	2 gal	416	8 lb 13 oz
CARROTS, FRESH, JULIENNED	1-¼ gal	416	5 lb
ONIONS, YELLOW, SLICED ½-INCH	6 cups	2 lb 4 oz	2 lb 9 oz
CABBAGE, FRESH, STRIPS ½-INCH	7 qt	416	5 lb

PEPPERS, GREEN, SWEET, FRESH, STRIPS, ½-INCH	3-½ qt	2 lb 12 oz	3 lb 7 oz
PEPPERS, RED, SWEET, FRESH, STRIPS, ½-INCH	3-½ qt	2 lb 12 oz	3 lb 7 oz
MUSHROOMS, STEMS & PIECES, CANNED, DRAINED	6 cups	216	
WATER CHESTNUTS, CANNED, DRAINED, HALVED	10 cups	216	
ONIONS, FRESH, GREEN, SLICED	4 cups	12 oz	13 oz
Lentil Pasta		12- ½ lbs	

## Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 In a steam-jacketed kettle, add water; heat to rolling boil.
- 3 Add pasta slowly while stirring constantly until water boils again. Cook for 10 to 12 minutes or as directed on package to achieve al dente texture, stirring occasionally. Drain.
- 4 Bring soy sauce, water, hoisin, red pepper, ginger and garlic to a boil in a steam-jacketed

kettle or stock pot.

5 Combine cornstarch and water until smooth

h. Gradually add slurry to broth while stirring constantly. Reduce heat; simmer for 5 minutes until thickened and clear, stir frequently.

6 Remove from heat and whisk in sesame oil.  
Reserve hot for use in Step 7.

S Recommend to batch prepare vegetables scaled to 25 portions:

a Pour 2 tbsp vegetable oil on a 400°F (204° C) griddle or tilting skillet

b Add 1 lb broccoli, 1 lb carrots, 6 oz onions cook for 3 minutes

c Add 1 lb cabbage, 11 oz green peppers and 11 oz red peppers, cook for an additional 5 minutes

d Add 8 oz mushrooms and 8 oz water chestnuts, cook for an additional 2 minutes.

e CCP: Internal temperature must reach 145°F (63° C) or higher for 15 seconds. Transfer to serving pan.

7. Pour about 3 cups of sauce over each pan and garnish with 3 oz (1 cup) green onions; mix lightly.

8. Portion  $\frac{3}{4}$  cup vegetables over  $\frac{3}{4}$  cup pasta. Serve immediately or CP: hold for hot service at 135°F (57° C) or higher.

## Recipe Notes

1. Canned sliced mushrooms may be substituted for stems and pieces.
  2. 10 ounces (1 quart) trimmed, sliced, fresh mushrooms, per 25 portions, may be used, and are preferable if available. Eleven ounces AP fresh mushrooms will yield 10 ounces EP fresh mushrooms.
  3. sesame oil can be omitted if unavailable, but adds a lot to the flavor, so is preferable if possible to use it.
  4. If lentil pasta is not available can substitute with equal amounts of other pasta or quinoa.
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5. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
  6. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as "Protein Penne Vegetable Stir Fry (vegan)". Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
  7. See Q-025-00 for a similar dish to be used as a side dish.
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