



## BUDDHA'S VEGGIE STIR-FRY

SERVINGS: 50 CALORIES: 258 KCAL

This vegetable stir fry is perfect for any season with different options depending on what is available. Pick the vegetable group that works best and combine with black beans and brown rice. This recipe provides protein, grains, and vegetables all in one.

### INGREDIENTS

6-1/4 pounds Cauliflower, broccoli, carrots, celery, onions Fresh or frozen

1/2 cup Water

1/4 cup Sauce, soy Low sodium suggested

2 teaspoons Garlic, granulated

1/2 cup Oil, vegetable

1/2 teaspoon Pepper, ground, black or white

6-1/4 quarts Beans, black, canned Rinsed and drained

6-1/4 quarts Rice, brown, cooked

### INSTRUCTIONS

1. Select a colorful assortment of 4 or more vegetables from the lists. Keep Group A separate from Groups B and C Optional, because they require different cooking times.
2. Clean, cut and slice vegetables into bite-size pieces.
3. Combine water, soy sauce and granulated garlic. Set aside.
4. Heat oil in a large, heavy skillet or pan. Add pepper to oil and stir.
5. Add vegetables in order of cooking times as follows: Add group A vegetables and cook for 4 minutes. Add group B and C vegetables and water chestnuts (if desired). Stir mixture constantly over high heat for 1 minute.
6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
7. Cover, reduce heat and steam for 2 to 3 minutes. Do not overcook vegetables; they will continue to cook on the steam table.
8. Pour 1 quart, 2-1/4 cups into 13x9x2-inch serving pans; use two pans for 50 servings.
9. Heat cooked beans for at least 15 minutes, adding enough water to keep the beans from sticking and then combine beans with steamed brown rice.

### RECIPE NOTES

Hold at 140° F or higher. Fresh and frozen vegetable options: Group A: Cauliflower, broccoli, carrots, celery, onions Group B: Green beans, yellow squash, zucchini squash, green peas, cabbage Group C: Red or green bell peppers, snow peas Optional: Canned water chestnuts

Serving Size: 1/2 cup cooked rice and 3/4 cup vegetables

**Crediting: 1 oz grain equivalent and 1/2 cup vegetable/legume, 1/4 cup other vegetable**

### NUTRITION FACTS PER SERVING (1CUP)

Calories: 258 kcal | Fat: 3.6 g | Saturated fat: 0.7 g | Sodium: 361 mg | Carbohydrates: 46 g | Fiber: 12 g | Protein: 11 g

*This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.*