



CHINESE STYLE VEGETABLES WITH TOFU

SERVINGS: 50 CALORIES: 102 KCAL

Broccoli, squash, peppers, carrots and tofu are a combined together with a stir fry sauce to create a mouthwatering dish! This meat free entree is perfect to serve and tastes delicious!

INGREDIENTS

2 tablespoons Canola oil
 2 pounds Fresh broccoli crowns, cut into small pieces
 1 pound Fresh yellow squash, diced
 2 pounds Fresh red bell peppers, julienne slices
 2 pounds 8 ounces Fresh carrots, sliced
 7 pounds Tofu
 1/2 cup Water
 1 cup Low-sodium soy sauce
 2 teaspoons Garlic powder
 1/2 teaspoon Ground black or white pepper
 1/4 cup 1 tablespoon, 1 teaspoon Fresh ginger, minced
 2 teaspoons Asian five spice powder
 6 pounds 3 ounces Stir fry sauce (see notes section)

INSTRUCTIONS

1. Heat oil in a large stock pot.
 2. Add broccoli. Simmer uncovered over medium-high heat for 2-3 minutes.
 3. Add squash. Simmer uncovered over medium-high heat for 3-4 minutes.
 4. Fold in bell peppers. Simmer uncovered over medium-high heat for 2-3 minutes.
 5. Add carrots, tofu, water, soy sauce, garlic powder, pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.
 6. See Stir Fry Sauce for recipe ingredients and directions.
 7. Add stir fry sauce to vegetables and tofu in stockpot. Heat uncovered over low heat for 30 seconds, stirring constantly.
 8. Pour 1 gal 1 qt (about 10 lb) vegetable mixture into a steam table pan (12" x 20" x 2 1/2").
- For 50 servings, use 2 pans.
9. Portion with 6 fl oz spoodle (3/4 cup).

RECIPE NOTES

Critical Control Point: Heat to 135 °F or higher.'

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Increase green onions to 2 cups (about 6 3/4 oz) per 25 servings when preparing Stir Fry Sauce for this recipe.

Seasonal Vegetable Replacement Options: Cauliflower, Celery, Onions, Cabbage, Green Beans, Green Peas, Zucchini, Snow Peas, Pimientos, and Water Chestnuts

Crediting: 3/4 cup (6 fl oz spoodle) provides 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetables, and 1/4 cup additional vegetable.

NUTRITION FACTS PER SERVING (0.75CUP)

Calories: 102 kcal | Fat: 3 g | Sodium: 385 mg | Carbohydrates: 13 g | Fiber: 2 g | Sugar: 7 g | Protein: 5 g | Calcium: 590 %

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.