

Tropical Tofu & Pineapple with Rice



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPES FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure		
Pineapple tidbits, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Onions, chopped		1 pint		1 quart
Carrots, shredded		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Garlic powder		1-2 Tbsp.		2-3 Tbsp.
Ginger, granulated		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Crushed red pepper (optional)		1 Tbsp.		2 Tbsp.
Maple syrup		1 quart + 1 cup		$\frac{1}{2}$ gallon + 1 pint
Soy sauce, reduced sodium		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
White vinegar		1 $\frac{1}{4}$ cups		1 pint + $\frac{1}{2}$ cup
Tofu, cubed, firm, baked (or follow baking instructions below)	7 lbs.		14 lbs.	
Garbanzo beans, canned, drained and rinsed	5 lbs. 4 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	10 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Cornstarch		1 cup		1 pint
Water		1 cup		1 pint
Rice Preparation				
2 ounce grain equivalent: Brown rice, dried Water		6 lbs. 4 oz. $\frac{1}{2}$ gallon		12 lbs. 8 oz. 1 gallon

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

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. If using tofu not already baked, heat oven to 325°F. Place tofu on a baking sheet with parchment paper or coated with no stick cooking spray. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Allow to cool. This step can be done the day before (store in cooler overnight).

3. Combine pineapple, tofu, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic, ginger and red pepper flakes in a saucepan or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and the tofu and chickpeas are well coated.

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4. In a small bowl, whisk together cornstarch and cold water.

6. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

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

Portion 1 cup of Tropical Tofu and Pineapple mixture over 1 cup of brown rice.

Each serving provides 2 ounces meat/meat alternates, ¼ cup fruit, ½ cup red/orange vegetable and 2 ounces grain equivalents

Nutrition Information

 *Estimated from USDA Nutrient Database

Calories: 471 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 92g (9g Fiber) Protein: 16 Sodium: 283mg