



# SOUTHWEST TOFU SCRAMBLE USDA

SERVINGS: 50 CALORIES: 82 KCAL

Quinoa, tofu, and peppers are mixed in with curry, cumin, garlic, turmeric and red pepper flakes to create a fun vegetarian dish! With great flavor and new foods, this is a great dish to introduce to kids!

## INGREDIENTS

3 pounds 2 ounces Quinoa  
 3 quarts Water  
 2 tablespoons 2 teaspoons Olive oil  
 7 pounds Tofu, firm, crumbled  
 1/4 cup Garlic, minced  
 2 tablespoons Ground cumin  
 2 teaspoons Crushed red pepper flakes  
 1 tablespoon 1 teaspoon Salt  
 1 teaspoon Ground black pepper  
 1/4 cup 1 teaspoon Ground turmeric  
 2 pounds Fresh red bell pepper, diced  
 1 pound Fresh green onions, top and bottom, diced

## INSTRUCTIONS

1. Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.
2. Combine quinoa and water in a large, covered stock pot.
3. Bring to a boil. Reduce heat to low. Simmer uncovered for 10-15 minutes until water is completely absorbed. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff.
4. Pour 3 qt (about 3 lb 14 oz) quinoa into a steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans.
5. Set aside for step 11.
6. In a large stock pot, add oil and crumbled tofu. Heat uncovered over medium heat for 2-3 minutes, stirring occasionally.
7. Add garlic, cumin, red pepper flakes, salt, pepper, turmeric, bell peppers, and onions. Heat uncovered over medium heat for 1-2 minutes, stirring constantly.
8. Pour 3 qt (4 lb 9 oz) vegetable mixture over each pan. Stir well to combine. 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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**Crediting: (3/4 cup) 6 fl oz spoodle provides 1 oz equivalent meat/meat alternate, 1/8 cup additional vegetable, and 1 oz equivalent grains.**

## NUTRITION FACTS PER SERVING (0.75CUP)

Calories: 82 kcal | Fat: 3 g | Sodium: 194 mg | Carbohydrates: 3 g | Fiber: 1 g | Sugar: 1 g | Protein: 4 g | Calcium: 510 %

*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.*