



Classic Veggie Stir Fry with Tofu

T-004-01
Meatless Entree

Color Code: Green
Sodium: High

Yield: 25 Portions

Each Portion: 1 cup tofu (4-³/₄ oz) + ³/₄ cup vegetables (6-³/₄ oz)

Temperature: 375°F (191°C)

Time: 20 - 25 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	³ / ₄ cup + 2 tbsp	6- ¹ / ₂ oz	
ONION, YELLOW	1- ¹ / ₂ qt	1 lb 7 oz	1 lb 10 oz
PEPPER, BELL, RED	1- ¹ / ₄ qt	1 lb 4 oz	1 lb 7 oz
MUSHROOMS	1- ¹ / ₄ qt	1 lb	1 lb
CELERY	1 qt	15 oz	1 lb 3 oz
CARROTS	3 cup	15 oz	1 lb 1 oz
CABBAGE, GREEN	1 qt + ¹ / ₂ cup	9- ³ / ₄ oz	11 oz
GARLIC, PREMINCED IN WATER	¹ / ₂ cup + 2 tbsp	3- ³ / ₄ oz	
JUICE, PINEAPPLE, CANNED	1- ¹ / ₂ cup	13- ¹ / ₄ oz	
SOY SAUCE, LOW SODIUM	1 cup	10 oz	
VINEGAR, RICE WINE	¹ / ₄ cup + 2 tbsp	3- ¹ / ₈ oz	
SESAME OIL	¹ / ₄ cup	1- ⁷ / ₈ oz	
CORNSTARCH	¹ / ₄ cup + 2 tbsp	1- ¹ / ₂ oz	
SUGAR, BROWN, LIGHT	2 tbsp + 2 tsp	1- ¹ / ₄ oz	
GINGER, GROUND	2 tbsp + 2 tsp	0.57 oz	
TOFU, FIRM		9 lb 13 oz	11 lb 4 oz
CORNSTARCH	1 cup	4 oz	
SALT	2 tbsp	1- ¹ / ₄ oz	

GINGER, GROUND	¼ cup + 1 tsp	0.91 oz
GARLIC, GRANULATED	2 tbsp	0.69 oz
PEPPER, WHITE, GROUND	1 tsp	0.08 oz
OIL, CANOLA	1 cup + 3 tbsp	9 oz

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onions to ¾-inch, dice bell pepper and cabbage to 1-inch, slice mushroom to ¼-inch, peel carrots and slice to ¼-inch.
2. Preheat tilt skillet to 375°F (191°C).
3. Drain tofu.
4. Press tofu: Line sheet pans with wire racks. Place tofu blocks in a single layer on racks; place additional sheet pans on top of tofu. Weigh down the sheet pans with heavy objects such as bags of potatoes or a few stockpots. Press tofu for at least 1 hour.
5. Pat surface of tofu dry with paper towels.
6. While tofu is being pressed, heat first measure of oil in a preheated tilt skillet. Add onion, bell pepper, mushroom, celery, carrots, cabbage and garlic. Sauté for 5 to 8 minutes.
7. Combine pineapple juice, soy sauce, vinegar, sesame oil, first measure of cornstarch, brown sugar and first measure of ginger. Whisk until cornstarch is dissolved.
8. Add sauce to vegetables and cook for an additional 3 to 5 minutes or until sauce is thickened and vegetables are well coated. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and CP: hold hot at 135°F (57°C).
9. Preheat griddle to 350°F (176°C).
10. Dice tofu into 1-inch pieces.
11. In a large mixing bowl, toss tofu with second measure of cornstarch, salt, second measure of ginger, garlic, and white pepper. Toss gently to evenly distribute dry ingredients.
12. Add oil to preheated griddle. Place dredged tofu onto griddle in a single layer. Sear, undisturbed, for 4 to 5 minutes, until tofu is golden brown.
13. Flip tofu and sear on another side for 4 to 5 minutes.
14. Again, flip tofu and cook for 4 to 5 minutes, until tofu is golden brown on multiple sides. CCP: Internal temperature must reach 135°F (57°C).
15. Remove from heat and serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed on a griddle with dimensions measuring 2 ft. 4 in. x 3 ft. If using other sizes of equipment, cook times and batch sizes may vary.
2. This recipe was developed on a tilt skillet with a 30-gallon capacity, with dimensions measuring 2 ft. 4 in. x 2 ft. 2 in. If using other sizes of equipment, cook times and batch sizes may vary.
3. Alternatively, this recipe can be made using Baked Tofu (T-312-01).
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	366
Carbohydrates	24 g

Sugars*	7 g
Protein	20 g
Fat	22 g
Saturated Fat	1.3 g
Sodium	1027 mg
Calcium	251 mg
Fiber	4.5 g



Combat Capabilities Development Command-Soldier Center // U17-238