



Chinese Style Vegetables with Tofu

Colorful Chinese Style Vegetables with Tofu provides crunchy bites of broccoli, fresh carrots, and red bell peppers along with tender tofu in a sweet and salty stir fry sauce. A quick and delicious meal!

CACFP Adult Portion Crediting Information

1 cup (8 oz spoodle) provides ½ cup vegetable (⅓ cup additional vegetable, ⅓ cup dark green vegetable, ⅓ cup red/orange vegetable), and 2 oz equivalent meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommended to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					1 Heat large non-stick skillet and spray with a pan release spray.
*Fresh broccoli crowns, cut into small pieces	1 lb	2 qt	2 lb	1 gal	2 Add broccoli. Sauté over medium-high heat for 2-3 minutes.
*Fresh yellow squash, diced	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	3 Add squash. Sauté over medium-high heat for 3-4 minutes.
*Fresh red bell peppers, julienned	1 lb	1 qt	2 lb	2 qt	4 Fold in bell peppers. Sauté over medium-high heat for 2-3 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh carrots, sliced	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt	<p>5 Add carrots, tofu, water, soy sauce, garlic powder, black or white pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.</p>
Tofu	7 lb	1 gal	14 lb	2 gal	
Water		½ cup		1 cup	
Low sodium soy sauce		½ cup		1 cup	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Fresh ginger, minced		¼ cup		½ cup	
Asian spice powder		2 tsp		1 Tbsp 1 tsp	
Stir Fry Sauce USDA Recipe for CACFP, https://theicn.org/cnrb/	3 lb 1 ½ oz	1 qt 1 ¾ cups	6 lb 3 oz	2 qt 3 ½ cups	<p>7 See Stir Fry Sauce – USDA Recipe for CACFP for ingredients and directions.</p>
					<p>8 Add stir fry sauce to vegetables and tofu in stock pot. Heat uncovered over low heat for 30 seconds, stirring constantly.</p>
					<p>9 Pour about 10 lb (1 gal 1 qt) vegetable mixture into a steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>10 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>11 Serve 1 cup (portion with 8 oz spoodle).</p>



NUTRITION INFORMATION

For 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
Calories	187
<hr/>	
Total Fat	7 g
Saturated Fat	0.9 g
Cholesterol	0 mg
Sodium	434 mg
	14 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	14 g
<hr/>	
Vitamin A	230 mcg RAE
Vitamin C	46 mg
Vitamin D	0 IU
Calcium	176 mg
Iron	3 mg
Potassium	221 mg
N/A = no data available	

SOURCE:
CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh broccoli crowns	1 lb 4 oz	2 lb 8 oz
Fresh carrots	1 lb 4 oz	2 lb 8 oz
Fresh yellow squash	1 lb 5 oz	2 lb 10 oz
Fresh red bell peppers	1 lb 4 oz	2 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

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

Increase green onions to about 6 ¾ oz (2 cups) per 25 servings when preparing Stir Fry Sauce for this recipe.

YIELD/VOLUME

25 Servings	50 Servings
-------------	-------------

About 10 lb

About 20 lb

About 1 gal 1 qt/
1 steam table pan (12" x 20" x 4")

About 2 gal 2 qt/
2 steam table pans (12" x 20" x 4")