



Southwest Tofu Scramble

Southwest Tofu Scramble is an exotic Asian and Indian influenced blend.

CACFP Adult Portion Crediting Information

2 cups (2 - 8 oz spoodels) provides ½ cup vegetable (¼ cup additional vegetable, ⅜ cup other vegetable), 2 oz equivalent meat alternate, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Quinoa	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	<ol style="list-style-type: none"> 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 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Water		2 qt 2 cups		1 gal 1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Pour 1 gal 1 qt (about 7 lb 8 oz) quinoa into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6 Critical Control Point: Hold for hot service at 140 °F or higher.
					7 Set aside for step 12.
					8 Press firm tofu for at least 30 minutes, drain and cut into small cubes.
Olive oil		3 Tbsp		1/3 cup 2 tsp	9 Preheat oil in a large stock pot, add cubed tofu Heat uncovered over medium heat for 3 minutes, stirring occasionally.
Tofu, firm, drained	7 lb	1 gal 3 cups	14 lb	2 gal 1 qt 2 cups	
Garlic, minced		3 Tbsp		1/4 cup 2 Tbsp	10 Add garlic, cumin, red pepper flakes, salt, pepper, curry powder, turmeric, bell peppers, onions, and spinach. Heat uncovered over medium heat for 1-2 minutes, stirring constantly.
Ground cumin		1 1/2 Tbsp		3 Tbsp	
Crushed red pepper flakes		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		1/2 tsp		1 tsp	
Curry powder		2 Tbsp		1/4 cup	





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground turmeric		2 Tbsp ½ tsp		¼ cup 1 tsp	
*Fresh red bell peppers, diced	1 lb 12 oz	1 qt 2 cups	3 lb 8 oz	3 qt	
*Fresh green onions, diced, top and bottoms	1 lb	1 qt 3 cups	2 lb	3 qt 2 cups	
*Spinach, fresh, diced	1 lb	1 gal	2 lb	2 gal	
					11 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					12 Pour 1 gal 1 ½ qt (11 lb 9 oz) tofu vegetable mixture over cooked quinoa. Stir well. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					13 Critical Control Point: Hold for hot service at 140 °F or higher.
					14 Serve 2 cups (portion with 8 oz spoodle twice).



NUTRITION INFORMATION

For 2 cups (2 – 8 oz spoodles)

NUTRIENTS	AMOUNT
Calories	230
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Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	218 mg
Total Carbohydrate	18 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	16 g
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Vitamin A	130 mcg RAE
Vitamin C	57 mg
Vitamin D	0 IU
Calcium	205 mg
Iron	5 mg
Potassium	290 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh bell pepper	2 lb 7 oz	4 lb 14 oz
Fresh green onion	1 lb 4 oz	2 lb 8 oz
Fresh spinach	1 lb	2 lb

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.

YIELD/VOLUME

25 Servings	50 Servings
About 18 lb	About 36 lb
About 2 gal 2 qt 1 cup /1 steam table pan (12" x 20" x 4")	About 5 gal 2 cups /2 steam table pans (12" x 20" x 4")

SOURCE:

CACFP Adult Portion Recipe Project