



# Chicken Stir-Fry USDA Recipe for CACFP

Our Chicken Stir-Fry recipe has diced chicken breast and vegetables cooked in a stir-fry sauce.

### CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ½ cup vegetable, and ⅓ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed ½" pieces	1 lb 8 oz	1 qt 1 cup 2 Tbsp 2 ½ tsp	3 lb	2 qt 2 ¼ cups 1 Tbsp 2 tsp	<b>1</b> Combine chicken, soy sauce, chili sauce, ⅓ cup 2 tsp cornstarch, 2 ½ tsp ginger, 2 ½ tsp garlic, black pepper, red pepper flakes, salt, and sugar in a large bowl. Double the amounts for 50 servings. Stir well. Cover tightly, and refrigerate. Allow chicken mixture to marinate for 12–24 hours. Critical Control Point: Cool to 40° F or lower within 4 hours.
Low-sodium soy sauce		¼ cup		½ cup	
Chili sauce		1 Tbsp 1 ½ tsp	2 oz	3 Tbsp	
Cornstarch	3 ½ oz	¾ cup	7 oz	1 ½ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh ginger, chopped		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Garlic, minced	1 ¼ oz	1 Tbsp 2 tsp	2 ½ oz	3 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Red Pepper Flakes		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	
Sugar	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
					<b>2</b> Set remaining ginger and garlic aside for step 10. Set remaining cornstarch aside for step 11.
					<b>3</b> Place marinated chicken in a large stock pot uncovered over high heat for 2–3 minutes, stirring constantly.
Low-sodium chicken broth		1 qt		2 qt	<b>4</b> Add 2 cups chicken broth and 1 cup pineapple juice. Double the amounts for 50 servings. Heat to a rolling boil allowing mixture to thicken. Set remaining chicken broth and pineapple juice aside for step 11.
Pineapple juice, 100% juice		2 cups		1 qt	
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>6</b> Critical Control Point: Hold for hot service at 140 °F or higher.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>7</b> Transfer 2 qt 2 cups (about 5 lb) chicken mixture to a steam table pan (12" x 20" x 2 1/2"). Set aside for step 14.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
*Fresh broccoli, chopped	2 lb	3 qt 3 Tbsp	4 lb	1 gal 2 qt 1/4 cup 2 Tbsp	<b>8</b> Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 10.
Canola oil		1/3 cup 2 tsp		2/3 cup 1 Tbsp 1 tsp	<b>9</b> Heat oil in a large stock pot.
Frozen edamame, thawed	2 lb 8 oz	2 qt 3/4 cup	5 lb	1 gal 1 1/2 cups	<b>10</b> Add boiled broccoli, edamame, pineapples, carrots, onions, bell peppers, and remaining ginger and garlic. Saute uncovered for 2–3 minutes, stirring occasionally.
Canned pineapple tidbits in 100% juice, drained	1 lb 11 oz	3 cups 2 Tbsp 1 1/2 tsp (1/4 No. 10 can)	3 lb 6 oz	1 qt 2 1/4 cups 1 Tbsp (1/2 No. 10 can)	<b>11</b> Add remaining chicken broth and pineapple juice. Heat to a rolling boil. Add remaining cornstarch.
*Fresh carrots, shredded	1 lb 7 oz	1 qt 3 cup	2 lb 14 oz	3 qt 2 cups	
*Fresh onions, sliced	11 oz	1 1/3 cups 1 Tbsp 2 3/4 tsp	1 lb 6 oz	2 2/3 cups 3 Tbsp 2 1/2 tsp	
*Fresh red bell peppers, chopped	8 oz	1 1/2 cups	1 lb	3 cups	
Water		2 cup		1 qt	<b>12</b> Add water. Stir well. Allow mixture to thicken.
					<b>13</b> Critical Control Point: Heat to 140 °F or higher.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>14</b> Pour 1 gal 1 qt (about 8 lb 15 oz) vegetable mixture over chicken mixture into each steam table pan (12" x 20" x 2 1/2"). Stir well.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>15</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
Fresh cilantro, chopped	1 oz	1 1/3 cups 1 1/8 tsp	2 oz	2 2/3 cups 2 1/4 tsp	<p><b>16</b> Garnish with cilantro. Portion with 8 fl oz spoodle (1 cup).</p>



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>231</b>
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<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	18 mg
<b>Sodium</b>	<b>301 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	5 g
Total Sugars	19 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
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Vitamin D	0 IU
Calcium	63 mg
Iron	2 mg
Potassium	496 mg

N/A=no data available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onions	13 oz	1 lb 10 oz
Broccoli	2 lb 8 oz	5 lb
Carrots	1 lb 7 oz	2 lb 14 oz
Red bell peppers	10 oz	1 lb 4 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 #3: Complex Food Preparation.

**YIELD/VOLUME**

25 Servings	50 Servings
About 13 lb 15 oz	About 27 lb 14 oz
About 1 gal 3 qt/1 steam table pan (12" x 20" x 2 ½")	About 3 gal 1 qt 3 ¾ cups/2 steam table pans (12" x 20" x 2 ½")

