



Chinese-Style Vegetables With Tofu

USDA Recipe for CACFP

Chinese-Style Vegetables With Tofu is a variety of fresh vegetables and tofu combined with a stir-fry sauce.

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 fl oz spoodle) provides 1 oz equivalent meat alternate and $\frac{1}{2}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1 Tbsp		2 Tbsp	1 Heat oil in a large stock pot.
*Broccoli crowns, fresh, cut into small pieces	1 lb	1 qt 3 cups 2 Tbsp	2 lb	3 qt 2 $\frac{1}{4}$ cups	2 Add broccoli. Simmer uncovered over medium–high heat for 2–3 minutes.
*Yellow squash, fresh, diced	8 oz	1 $\frac{1}{2}$ cups 1 $\frac{1}{2}$ tsp	1 lb	3 cups 1 Tbsp	3 Add squash. Simmer uncovered over medium-high heat for 3–4 minutes.
*Red bell peppers, fresh, julienne slices	1 lb	3 cups	2 lb	1 qt 2 cups	4 Fold in bell peppers. Simmer uncovered over medium–high heat for 2–3 minutes.
*Carrots, fresh, sliced	1 lb 4 oz	1 qt 2 cups 2 tsp	2 lb 8 oz	3 qt 1 Tbsp 1 tsp	5 Add carrots, tofu, water, soy sauce, garlic powder, pepper, ginger, and Asian spice. Simmer uncovered over medium–high heat for 2–3 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tofu	3 lb 8 oz	1 qt 2½ cups	7 lb	3 qt 1 cup	
Water		¼ cup		½ cup	
Soy sauce, low-sodium		½ cup		1 cup	
Garlic powder		1 tsp		2 tsp	
Black or white pepper, ground		¼ tsp		½ tsp	
Ginger, fresh, minced		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Asian five-spice powder		1 tsp		2 tsp	
					6 Critical Control Point: Heat to 140 °F or higher.
Stir Fry Sauce USDA Recipe for CACFP (see Notes)	3 lb ½ oz	1 qt 1¾ cups	6 lb 3 oz	2 qt 3½ cups	7 See Stir Fry Sauce USDA Recipe for CACFP for recipe ingredients and directions.
					8 Add stir-fry sauce to vegetables and tofu in stockpot. Heat uncovered over low heat for 30 seconds, stirring constantly.
					9 Pour 1 gal 1 qt (about 10 lb) vegetable mixture into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
*See Notes for a replacement list of vegetables to use if the vegetables mentioned above are out of season.					10 Critical Control Point: Hold for hot service at 140 °F or higher.
					11 Portion with 6 fl oz spoodle (¾ cup).



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	102
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	385 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	0 IU
Calcium	59 mg
Iron	1 mg
Potassium	194 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Broccoli	1 lb 4 oz	2 lb 8 oz
Yellow squash	9 oz	1 lb 2 oz
Red bell peppers	1 lb 4 oz	2 lb 8 oz
Carrots	1 lb 9 oz	3 lb 2 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.

Increase green onions to 2 cups for 25 servings and 1 quart for 50 servings when preparing the Stir Fry Sauce USDA Recipe for CACFP for this recipe.

Seasonal vegetable replacement options: cauliflower, celery, onions, cabbage, green beans, green peas, zucchini, snow peas, pimientos, and water chestnuts.

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 2½")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 2½")