



Chinese-Style Vegetables USDA Recipe for CACFP

These Chinese Style Vegetables have a variety of fresh vegetables combined with soy sauce and ginger.

CACFP CREDITING INFORMATION

1/4 cup (No. 16 scoop) provides 1/4 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.
*Fresh broccoli crowns, cut into small pieces	1 lb	1 qt 3 cups 2 Tbsp	2 lb	3 qt 2 1/4 cups	2 Add broccoli. Simmer uncovered over medium-high heat for 2-3 minutes.
*Fresh yellow squash, diced	8 oz	1 1/2 cups 1 1/2 tsp	1 lb	3 cups 1 Tbsp	3 Add squash. Simmer uncovered over medium-high heat for 3-4 minutes.
*Fresh red bell peppers, 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.
*Fresh carrots, sliced	10 oz	3 cups 1 tsp	1 lb 4 oz	1 qt 2 cups 2 tsp	5 Add carrots, water, soy sauce, garlic powder, pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.
Water		1/4 cup		1/2 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		¼ cup		½ cup	
Garlic powder		1 tsp		2 tsp	
Ground black or white pepper		¼ tsp		½ tsp	
Ginger, minced		2 tsp		1 Tbsp 1 tsp	
Asian five spice powder		1 tsp		2 tsp	
					6 Critical Control Point: Heat to 140 °F or higher.
					7 Pour 2 qt 2 cups (about 2 lb 15 oz) vegetable mixture into a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Critical Control Point: Hold for hot service at 140 °F or higher.
					9 Portion with No. 16 scoop (¼ cup).



NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	24
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Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	106 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	0 IU
Calcium	15 mg
Iron	0 mg
Potassium	131 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	13 oz	1 lb 10 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.

YIELD/VOLUME

25 Servings	50 Servings
About 2 lb 15 oz	About 5 lb 14 oz
About 1 qt 1¾ cups 2 Tbsp/1 steam table pan (12" x 20" x 2½")	About 2 qt ¾ cups/2 steam table pans (12" x 20" x 2½")

