



Chicken Stir-Fry USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1/8 cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed 1/2" pieces	3 lb	2 qt 2 1/4 cups 1 Tbsp 2 tsp	6 lb	1 gal 1 qt 1/2 cup 3 Tbsp 1 tsp	1 Combine chicken, soy sauce, chili sauce, 2/3 cup 1 Tbsp 1 tsp cornstarch, 1 Tbsp 2 tsp ginger, 1 Tbsp 2 tsp garlic, black pepper, red pepper flakes, salt, and sugar in a large bowl. Double the amounts for 100 servings. Stir well. Cover tightly and refrigerate. Allow chicken mixture to marinate for 12–24 hours. Critical Control Point: Cool to 41° F or lower within 4 hours.
Low-sodium soy sauce		1/2 cup		1 cup	
Chili sauce	2 oz	3 Tbsp	4 oz	1/4 cup 2 Tbsp	
Cornstarch	7 oz	1 1/2 cups	14 oz	3 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh ginger, chopped		3 Tbsp 1 tsp	3 ⅓ oz	¼ cup 2 Tbsp 2 tsp	
Garlic, minced	2 ½ oz	3 Tbsp 1 tsp	5 oz	¼ cup 2 Tbsp 2 tsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Red Pepper Flakes		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Sugar	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	
					2 Set remaining ginger and garlic aside for step 10. Set remaining cornstarch aside for step 11.
					3 Place marinated chicken in a large stock pot uncovered over high heat for 2–3 minutes, stirring constantly.
Low-sodium chicken broth		2 qt		1 gal	4 Add 1 qt chicken broth and 2 cups pineapple juice. Double the amounts for 100 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		1 qt		2 qt	
					5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					6 Critical Control Point: Hold for hot service at 135 °F or higher.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>7 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 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
*Fresh broccoli, chopped	4 lb	1 gal 2 qt 1/4 cup 2 Tbsp	8 lb	3 gal 3/4 cup	<p>8 Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 10.</p>
Canola oil		2/3 cup 1 Tbsp 1 tsp		1 1/3 cups 2 Tbsp 2 tsp	<p>9 Heat oil in a large stock pot.</p>
Frozen edamame, thawed	5 lb	1 gal 1 1/2 cups	10 lb	2 gal 3 cups	<p>10 Add boiled broccoli, edamame, pineapples, carrots, onions, bell peppers, and remaining ginger and garlic. Saute uncovered for 2–3 minutes, stirring occasionally.</p>
Canned pineapple tidbits in 100% juice, drained	3 lb 6 oz	1 qt 2 1/4 cups 1 Tbsp (1/2 No. 10 can)	6 lb 12 oz	3 qt 1/2 cup 2 Tbsp (1 No. 10 can)	<p>11 Add remaining chicken broth and pineapple juice. Heat to a rolling boil. Add remaining cornstarch.</p>
*Fresh carrots, shredded	2 lb 14 oz	3 qt 2 cup	5 lb 12 oz	1 gal 3 qt	
*Fresh onions, sliced	1 lb 6 oz	2 2/3 cups 3 Tbsp 2 1/2 tsp	2 lb 12 oz	1 qt 1 3/4 cups 1 Tbsp	
*Fresh red bell peppers, chopped	1 lb	3 cups	2 lb	1 qt 2 cups	
Water		1 qt		2 qt	<p>12 Add water. Stir well. Allow mixture to thicken.</p>
					<p>13 Critical Control Point: Heat to 135 °F or higher.</p>





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>14 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 50 servings, use 2 pan. For 100 servings, use 4 pans.</p>
					<p>15 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Fresh cilantro, chopped	2 oz	2 2/3 cups 2 1/4 tsp	4 oz	1 qt 1 1/3 cups 1 Tbsp 1 1/2 tsp	<p>16 Garnish with cilantro. Portion with 8 fl oz spoodle (1 cup).</p>



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	231

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

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 10 oz	3 lb 4 oz
Broccoli	5 lb	10 lb
Carrots	2 lb 14 oz	5 lb 12 oz
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 #3: Complex Food Preparation.

YIELD/VOLUME

50 Servings	100 Servings
About 27 lb 14 oz	About 55 lb 12 oz
About 3 gal 1 qt 3 ¾ cups/2 steam table pans (12" x 20" x 2 ½")	About 6 gal 3 qt 3 ½ cups/4 steam table pans (12" x 20" x 2 ½")

