



Chinese-Style Vegetables USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

$\frac{1}{4}$ cup (No. 16 scoop) provides $\frac{1}{8}$ cup red/orange vegetable and $\frac{1}{8}$ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola Oil		2 Tbsp		$\frac{1}{4}$ cup	1 Heat oil in a large stock pot.
*Fresh broccoli crowns, cut into small pieces	2 lb	3 qt 2 $\frac{1}{4}$ cups	4 lb	1 gal 3 qt $\frac{1}{2}$ cup	2 Add broccoli. Simmer uncovered over medium–high heat for 2–3 minutes.
*Fresh yellow squash, diced	1 lb	3 cups 1 Tbsp	2 lb	1 qt 2 cups 2 Tbsp	3 Add squash. Simmer uncovered over medium–high heat for 3–4 minutes.
*Fresh red bell peppers, julienne slices	2 lb	1 qt 2 cups	4 lb	3 qt	4 Fold in bell peppers. Simmer uncovered over medium–high heat for 2–3 minutes.
*Fresh carrots, sliced	1 lb 4 oz	1 qt 2 cups 2 tsp	2 lb 8 oz	3 qt 1 Tbsp 1 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		$\frac{1}{2}$ cup		1 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		½ cup		1 cup	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Ginger, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Asian five spice powder		2 tsp		1 Tbsp 1 tsp	
					<p>6 Critical Control Point: Heat to 135 °F or higher.</p>
					<p>7 Pour 2 qt 2 cups (about 2 lb 15 oz) vegetable mixture into a steam table pan (12" x 20" x 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>9 Portion with No 16 scoop (¼ cup).</p>



NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS **AMOUNT**
Calories **24**

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	50 Servings	100 Servings
Broccoli	2 lb 8 oz	5 lb
Yellow Squash	1 lb 2 oz	2 lb 4 oz
Red bell peppers	2 lb 8 oz	5 lb
Carrots	1 lb 10 oz	3 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 #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

50 Servings	100 Servings
About 5 lb 14 oz	About 11 lb 12 oz
About 2 qt 3¾ cups/2 steam table pans (12" x 20" x 2½")	About 1 gal 1 qt 3½ cups/4 steam table pans (12" x 20" x 2½")

