



# Southwest Tofu Scramble USDA Recipe for Schools

Tofu, quinoa, and colorful peppers blend with curry and Mexican spices to create a healthy and filling vegetarian way to start your day!

### NSLP/SBP CREDITING INFORMATION

$\frac{3}{4}$  cup (6 fl oz spoodle) provides 1 equivalent meat alternate,  $\frac{1}{8}$  cup additional vegetable and 0.75 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa	3 lb 2 oz	2 qt $\frac{1}{4}$ cup 1 Tbsp 1 tsp	6 lb 4 oz	1 gal $\frac{1}{2}$ cup 2 Tbsp 2 tsp	<ol style="list-style-type: none"> <li>1 Rinse quinoa in a fine mesh strainer until water runs clear, not cloudy.</li> <li>2 Combine quinoa and water in a large, covered stock pot.</li> <li>3 Bring to a boil. Reduce heat to low. Simmer uncovered for 10–15 minutes until water is completely absorbed. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Fluff.</li> <li>4 Critical Control Point: Heat to 135 °F for at least 15 seconds.</li> </ol>
Water		3 qt		1 gal 2 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>5</b> Pour 3 qt (about 3 lb 14 oz) quinoa 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><b>6</b> Critical Control Point: Hold for hot service at 135 °F.</p>
					<p><b>7</b> Set aside for step 11.</p>
Olive oil		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	<p><b>8</b> In a large stock pot, add oil and crumbled tofu. Heat uncovered over medium heat for 2–3 minutes, stirring occasionally.</p>
Tofu, firm, crumbled	7 lb	1 gal 1 qt 1 cup	14 lb	2 gal 2 qt 2 cups	
Garlic, minced		¼ cup		½ cup	<p><b>9</b> Add garlic, cumin, red pepper flakes, salt, pepper, turmeric, bell peppers, and onions. Heat uncovered over medium heat for 1–2 minutes, stirring constantly.</p>
Cumin, ground		2 Tbsp		¼ cup	
Red pepper flakes, crushed		2 tsp		1 Tbsp 1 tsp	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black pepper, ground		1 tsp		2 tsp	
Turmeric, ground		¼ cup 1 tsp	2¼ oz	½ cup 2 tsp	
*Red bell pepper, fresh, diced	2 lb	1 qt 2 cups	4 lb	3 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Green onions, fresh, top and bottom, diced	1 lb	2¼ cups 2 Tbsp	2 lb	1 qt ¾ cup	
					<b>10</b> Critical Control Point: Heat to 135 °F for at least 15 seconds.
					<b>11</b> Pour 3 qt (4 lb 9 oz) vegetable mixture over each pan. Stir well to combine.  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>12</b> Critical Control Point: Hold for hot service at 135 °F.
					<b>13</b> Portion with 6 fl oz spoodle (¾ cup).



**NUTRITION INFORMATION**

For ¾ cup (6 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>82</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	N/A
Cholesterol	0 mg
<b>Sodium</b>	<b>194 mg</b>
<b>Total Carbohydrate</b>	<b>9 g</b>
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin D	0 IU
Calcium	51 mg
Iron	2 mg
Potassium	116 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mature green onions	1 lb 4 oz	2 lb 8 oz
Red bell peppers	2 lb 8 oz	5 lb

**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.

**YIELD/VOLUME**

50 Servings	100 Servings
About 15 lb 6 oz	About 30 lb 12 oz
About 1 gal 3 qt 2¾ cups/2 steam table pans (12" x 20" x 2½")	About 3 gal 3 qt 1½ cups/4 steam table pans (12" x 20" x 2½")

