

Stir-Fry Vegetables

Meat/Meat Alternate-Vegetable-Grains

Main Dishes

Recipe #7

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	6 pounds, 4 ounces		12 pounds, 8 ounces		1. Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A separate from Group B and Optional, because they require different cooking times in step 4. Clean, cut, and slice vegetables into bite-size pieces.
Group A: broccoli, carrots, cauliflower, celery, onions					2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Group B: cabbage, green beans, green peas, summer squash, zucchini					3. Heat oil in a large, heavy skillet or pan.
Optional Vegetables: snow peas, red or green peppers, pimientos, water chestnuts					4. Add pepper to oil and stir.
					5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constant over high heat for 1 minute.
Water		1/2 cup		1 cup	6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds
Soy sauce		1/4 cup		1/2 cup	7. Cover, reduce heat, and steam for 2-3 minutes. Do not overcook vegetables. They will continue to cook on the steamtable.
Granulated garlic		2 teaspoons		4 teaspoons	8. Pour 1 quart, 2-1/4 cups into serving pans (9- x 13- x 2-inch). For 50 servings use 2 pans, for 100 servings use 4 pans.
Vegetable oil		1/2 cup		1 cup	
Ground black or white pepper		1/2 teaspoon		1 teaspoon	
Black beans, cooked or canned, rinsed, drained		6-1/4 quart		3 gallons, 2 cups	9. Heat cooked beans for at least 15 minutes, adding enough water to keep the beans from sticking and combine with steamed brown rice.
Brown rice, cooked		6-1/4 quart		3 gallons, 2 cups	10. One serving equals 1 cup. Serve with steamed vegetables.

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Serving	Yield	Volume
One No. 16 scoop Each serving provides 2 ounces meat/meat alternate, 1/4 cup vegetables, and 1 serving grains/breads.	50 Servings: 2 pans 100 Servings: 4 pans	50 Servings: 3 quarts, 1/2 cup 100 Servings: 6 quarts, 1 cup

Nutrients Per Serving

Calories	258 kcal	Saturated Fat	0.7 g	Iron	3 mg
Protein	11 g	Cholesterol	0 mg	Calcium	49 mg
Carbohydrate	46 g	Vitamin A	1169 IU	Sodium	361 mg
Total Fat	3.6 g	Vitamin C	8 mg	Dietary Fiber	12 g

Notes

Equipment list: large skillet pan.