

# Outrageous Orange Stir Fry Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tempeh	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Zesty Orange Sauce, such as Foothill Farms, Schwan's or similar brands		1 $\frac{1}{2}$ quarts		3 quarts
<b>Grain preparation:</b> Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water OR		$\frac{1}{2}$ gallon		1 gallon
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

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## Continued

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### Preparation

1. Prepare grain as follows:

a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to prevent noodles from sticking.

b. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. *HACCP Critical Control Point: Hold at 135°F or higher.*

2. Meanwhile, crumble the tempeh into small pieces.

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, tempeh crumbles, and vegetable broth/water in a tilt skillet or wok. Sauté for 10 minutes, until vegetables are tender and tempeh is heated through.

4. Add the orange sauce and mix to combine. Continue to sauté for another 5 minutes, until heated through.

5. Transfer to a pan, cover and hold in warmer until meal service.

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

### Serving Information

On serving line, portion 1 cup of stir fry mixture on top of one cup of brown rice or noodles.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

On serving line or in classroom, portion ½ cup stir fry mixture on top of ½ cup brown rice or noodles.

Each bowl provides 1 meat/meat alternate, 1 ounce equivalent grain and ¼ cup vegetable component.

**Nutrition Information** per 2 m/ma, 2 grain serving \*From USDA Nutrient Database

### Stir fry with rice

Calories: 409 Total Fat: 7g Saturated Fat: 0.7g Monounsaturated Fat: 0.9g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 24g Protein: 19g Sodium: 265mg Vitamin A: 115µg Vitamin C: 16mg Calcium: 142mg Iron: 4mg Folate: 19µg

