

Tropical Tempeh with Pineapple & Rice

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.	
Soy sauce, reduced sodium, divided		1 cup		1 pint (2 cups)
Pineapple juice <i>(use reserved liquid from drained pineapple below, if possible)</i>		1 ½ cups		3 cups
Pineapple tidbits, liquid reserved		¾ gallon + ½ cup OR 1 ½ -#10 cans		1 ½ gallons + 1 cup OR 3-#10 cans
Onions, chopped		1 pint		1 quart
Carrots, shredded		1 ½ quarts + ¼ cup		¾ gallon + ½ cup
Garlic powder		1-2 Tbsp.		2-3 Tbsp.
Ginger, granulated		⅓ cup		⅔ cup
Crushed red pepper (optional)		1 Tbsp.		2 Tbsp.
Maple syrup		1 quart		½ gallon
Soy sauce, reduced sodium		½ cup		1 cup
White vinegar		1 ¼ cups		1 pint + ½ cup
Garbanzo beans, canned, drained and rinsed		¾ gallon + ½ cup OR 1 ¼ -#10 cans		1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Cornstarch		1 cup		1 pint
Water		1 cup		1 pint
Rice Preparation				
2 ounce grain equivalent: Brown rice, dried		6 lbs. 4 oz.		12 lbs. 8 oz.
Water		½ gallon		1 gallon

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



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Continued

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Preparation

1. Cube tempeh and combine tempeh with ½ cup soy sauce and pineapple juice.

Let marinate for 20 minutes.

2. 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.

3. Heat oven to 325°F.

4. Place tempeh on a baking sheet with parchment paper or coated with no stick cooking spray. Bake for approximately 30 minutes, flipping the halfway through. Allow to cool. This step can be done the day before (store in cooler overnight).

3. Combine pineapple, tempeh, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic, ginger and red pepper flakes in a saucepan or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and the tofu and chickpeas are well coated.

4. In a small bowl, whisk together cornstarch and cold water.

6. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

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

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information for 2 M/MA

Portion 1 cup of Tropical Tempeh and Pineapple mixture over 1 cup of brown rice.

Each serving provides 2 ounces meat/meat alternates, ¼ cup fruit, ⅛ cup red/orange vegetable and 2 ounces grain equivalents.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 561 Total Fat: 6.6g Saturated Fat: 0.7g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 110g Fiber: 9g Total Sugar: 24g Protein: 18g Sodium: 309mg Vitamin A: 134µg Vitamin C: 4mg Calcium: 85mg Iron: 4mg Folate: 12µg

Serving Information for 1 M/MA

Portion ½ cup of Tropical Tempeh and Pineapple mixture over ½ cup of brown rice.

Each serving provides 1 ounce meat/meat alternates, ⅛ cup fruit, and 1 ounce grain equivalents.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 281 Total Fat: 3.3g Saturated Fat: 0.4g Monounsaturated Fat: 0.5g Polyunsaturated Fat: 0.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 4.5g Total Sugar: 12g Protein: 9g Sodium: 155mg Vitamin A: 67µg Vitamin C: 2mg Calcium: 43mg Iron: 2mg Folate: 6µg

