

Tropical Tofu 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
Pineapple tidbits, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Onions, chopped		1 pint		1 quart
Carrots, shredded		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Garlic powder		1-2 Tbsp.		2-3 Tbsp.
Ginger, granulated		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Crushed red pepper (optional)		1 Tbsp.		2 Tbsp.
Maple syrup		1 quart		$\frac{1}{2}$ gallon
Soy sauce, reduced sodium		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
White vinegar		1 $\frac{1}{4}$ cups		1 pint + $\frac{1}{2}$ cup
Tofu, cubed, firm, baked (or follow baking instructions below)	7 lbs.		14 lbs.	
Garbanzo beans, canned, drained and 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
Cornstarch		1 cup		1 pint
Water		1 cup		1 pint
Rice Preparation				
2 ounce grain equivalent: Brown rice, dried Water		6 lbs. 4 oz. $\frac{1}{2}$ gallon		12 lbs. 8 oz. 1 gallon

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



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Continued

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Preparation

1. 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. If using tofu not already baked, heat oven to 325°F. Place tofu on a baking sheet with parchment paper or coated with no stick cooking spray. Bake for approximately an hour, flipping the tofu every 15-20 minutes, until a large amount of the liquid is removed. Allow to cool. This step can be done the day before (store in cooler overnight).

3. Combine pineapple, tofu, 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 Tofu 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: 471 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 92g Fiber: 9g Total Sugar: 24g Protein: 16g Sodium: 283mg Vitamin A:
117µg Vitamin C: 7mg Calcium: 200mg Iron: 3mg Folate: 70µg

Serving Information for 1 M/MA

Portion ½ cup of Tropical Tofu 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: 235 Total Fat: 3g Saturated Fat: 0.5g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 46g Fiber: 4.5g Total Sugar: 12g Protein: 8g Sodium: 142mg Vitamin A: 59µg
Vitamin C: 3mg Calcium: 48mg Iron: 2.5mg Folate: 56µg

