

Flavor Packed Ramen

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Whole grain spaghetti noodles, dry	4.75 pounds		9.50 pounds	
Vegetable broth		2 gallons		4 gallons
Ginger, ground		1/2 cup		1 cup
Garlic, granulated		1 cup		2 cups
Soy sauce, low sodium		1 ¼ cup		2 ½ cup
Salt		1 ½ Tbsp.		3 Tbsp.
Black pepper		1 ½ Tbsp.		3 Tbsp.
Water		1 gallon		2 gallons
Lentils	1.75 pounds		3.50 pounds	
Oil	8 ounces		16 ounces	
Carrots, shredded	4.50 pounds		9 pounds	
Mushrooms, sliced	6.25 pounds		12.25 pounds	
Corn, frozen, thawed	4.75 pounds		9.25 pounds	
Green onion, sliced	2 pounds		3.75 pounds	
Tofu, firm, drained and cubed	6.25 pounds		12.50 pounds	
Baby Spinach	13.25 pounds		26.50 pounds	

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Prepare pasta according to directions. Drain. Transfer to full steam table pans and cover with plastic wrap. Store in warming unit until meal service.
2. In large high sided pot or steam kettle. Add the vegetable broth, ginger, garlic, soy sauce, salt and pepper, water, and whisk to combine. Then, add lentils and simmer over low heat, for approximately 20 minutes. Turn off heat, set aside.
3. Heat the vegetable oil in a large tilt skillet over medium heat. Add the shredded carrots, sliced mushrooms and corn, green onion and cook for 3 minutes stirring occasionally. Add the cubed tofu and cook for 3 minutes, stirring occasionally. Finally, add the spinach and cook just until wilted, approximately 3 minutes.
4. Combine with previously warmed broth. Heat stock and vegetable mix together until hot.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

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.



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Flavor Packed Ramen Continued

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Serving Information

In a bowl place 1 cup cooked pasta. Using a 12 oz ladle, spoon broth containing vegetables, lentils, and tofu over noodles.

Each serving provides: 2 meat alternates, 2-ounce grain equivalents, ¼ cup dark green vegetable, ¼ cup red/orange vegetable, ¼ cup other vegetable, and ¼ starchy vegetable.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 389 Total Fat: 9g Saturated Fat: 1.3g Monounsaturated Fat: 3g Polyunsaturated Fat: 3.7g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 65g Fiber: 15g Total Sugars: 6g Protein: 17g Sodium: 624mg Vitamin A: 450µg
Vitamin C: 14mg Calcium: 96mg Iron: 4.4mg Folate: 166µg

