

Stir-Fry Vegetables

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	3 lb 2 oz		6 lb 4 oz		<p>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 vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4.</p> <p>Clean, slice and cut vegetables into bite-size pieces.</p> <p>2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.</p> <p>3. Heat oil in a large, heavy skillet or pan.</p> <p>4. Add pepper to oil and stir.</p>
Group A					
Broccoli					
Carrots					
Cauliflower					
Celery					
Onions					
Group B					
Cabbage					
Green beans					
Green peas					
Yellow summer squash					
Zucchini					
Optional Vegetables:					
Snow peas					
Red or green peppers					
Pimientos					
Water chestnuts					
Water		¼ cup		½ cup	
Low-sodium soy sauce		2 Tsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		¼ cup		½ cup	
Ground black or white pepper		¼ tsp		½ tsp	

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Vegetable

Vegetables

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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 constantly over high heat for 1 minute.
6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
7. Cover, reduce heat, and steam for 2-3 minutes. **DO NOT OVERCOOK VEGETABLES.** They will continue to cook on the steamtable.
8. Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.
9. CCP: Hold at 140° F or warmer.

Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 1 pan	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 2 pans	50 Servings: 3 quarts ½ cup
	Edited 2014	

Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

Nutrients Per Serving			
Calories	38	Saturated Fat	0.33 g
Protein	0.78 g	Cholesterol	0 mg
Carbohydrate	4.04 g	Vitamin A	2431 IU
Total Fat	2.32 g	Vitamin C	15.8 mg
		Iron	0.27 mg
		Calcium	16 mg
		Sodium	67 mg
		Dietary Fiber	1.2 g