

# Stir-Fry Vegetables

Vegetable

Vegetables

I-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	3 lb 2 oz		6 lb 4 oz		1. Select a colorful assortment of four or more vegetables from the three vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.)
Group A Broccoli Carrots Cauliflower Celery Onions					Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in Step 4.
Group B Cabbage Green beans Green peas Yellow summer squash Zucchini  Optional Vegetables Bean sprouts Snow peas Red or green peppers Pimentos Water chestnuts					
					Clean, slice and cut vegetables into bite-size pieces.
Water		1/4 cup		1/2 cup	2. Combine water, soy sauce, and garlic powder. Set aside fro Step 6.
Soy sauce		2 Tsp		1/4 cup	
Garlic powder		1 tsp		2 tsp	3. Heat oil in a large, heavy skillet or pan. Add pepper to oil and stir.
Vegetable oil		1/4 cup		1/2 cup	
Black pepper		1/4 tsp		1/2 tsp	
					4. 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.
					5. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
					6. Cover, reduce heat, and steam for 2 to 3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steamtable.

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7. Pour into serving pans or bowls. (Portion 1/4 cup per serving.)

8. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable	<b>25 Servings:</b> 1 qt 3 1/2 cups (approximately)	<b>25 Servings:</b>
	<b>50 Servings:</b> 3 qt 3 cups (approximately)	<b>50 Servings:</b>

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

Nutrients Per Serving					
<b>Calories</b>	35	<b>Saturated Fat</b>	.3 g	<b>Iron</b>	.3 mg
<b>Protein</b>	1 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	17 mg
<b>Carbohydrate</b>	4 g	<b>Vitamin A</b>	221 RE/2208 IU	<b>Sodium</b>	107 mg
<b>Total Fat</b>	2.3 g	<b>Vitamin C</b>	16 mg	<b>Dietary Fiber</b>	1 g