

# Stir Fry Veggies

**Vegetable**

**CCP: Hold for hot service at 135° F or higher.**

**Iowa Gold Star Recipe**

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	12 lb 8 oz				<ol style="list-style-type: none"> <li>Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.</li> <li>Combine water, soy sauce, and granulated garlic. Set aside for step 6.</li> <li>Heat oil in steam-jacketed kettle.</li> <li>Add pepper to oil and stir.</li> <li>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.</li> <li>Add soy sauce mixture to vegetables. Stir quickly for a few seconds</li> <li>Cover, lower heat, and steam for 2-3 minutes. Vegetables should not be overcooked as they will continue to cook on the steam table.  CCP: Heat to 140° F or higher.</li> <li>Pour approximately 3 qt 3 cups into each steam table pan (12" x 20" x 2 ½") For 50 servings, use 1 pan. For 100 servings, use 2 pans.</li> <li>CCP: Hold for hot service at 135° F or higher.</li> </ol>
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		1 cup			
Low-sodium soy sauce		½ cup			

Granulated garlic		1 Tbsp 1 tsp			Portion with No. 16 scoop (1/4 cup).  Comments: Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.
Vegetable oil		1 cup			
Ground black or white pepper		1 tsp			

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	¼ cup of vegetable.	100 Servings: 2 steam table pans 100 Servings: about 1 gallon 3 ½ quarts

**Nutrients Per Serving**

Calories	37	Vitamin A	2440 IU	Iron	0.32 mg
Protein	0.82 g	Vitamin C	10.1 mg	Calcium	19 mg
Carbohydrate	3.76 g	Fiber	1.3 g	Cholesterol	0 mg
Total Fat	2.34 g	Saturated Fat	0.33 g	Sodium	66 mg