

VEGETABLE STIR FRY

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
55 cal	6 g	1 g	4 g	0 mg	108 mg	27 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CARROTS,FRESH,SLICED	3-3/4 lbs	3 qts 1-1/4 cup	4-5/8 lbs
CELERY,FRESH,SLICED	4-1/2 lbs	1 gal 1/4 qts	6-1/8 lbs
CABBAGE,GREEN,FRESH,CHOPPED	4-1/2 lbs	1 gal 3-1/4 qts	5-5/8 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
ONIONS,FRESH	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
MUSHROOMS,CANNED,DRAINED	11 oz	2 cup	
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
CHICKEN BROTH		3 cup	
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp	
CORNSTARCH	7/8 oz	3 tbsp	
WATER	3-1/8 oz	1/4 cup 2-1/3 tbsp	
SOY SAUCE	1 oz	1 tbsp	
OIL,SALAD	11-1/2 oz	1-1/2 cup	

Method

- 1 Wash and trim vegetables. Set aside for use in Step 5.
- 2 Prepare chicken broth according to recipe. Add pepper. Set aside for use in Step 4.
- 3 Blend cornstarch with water and soy sauce to make a smooth paste.
- 4 Slowly add paste to broth stirring constantly. Simmer 2 minutes or until lightly thickened and clear, stirring constantly. Remove from heat.
- 5 Saute vegetables salad oil as follows: Carrots, 3 minutes; add celery and green peppers, 2 minutes; add remaining vegetables, 4 minutes.
- 6 Pour sauce over vegetables 15 minutes before serving. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.