

VEGETABLE STIR FRY USING FROZEN VEGETABLES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
121 cal	19 g	3 g	4 g	0 mg	1069 mg	44 mg

Ingredient

VEGETABLE,STIR FRY,FROZEN
OIL,SALAD
SAUCE,TERIYAKI

Weight

25 lbs
12 oz
2-1/4 lbs

Measure

3 gal 3-5/8 qts
1-1/2 cup
1 qts

Issue

Method

- 1 Rinse frozen vegetables under running water for 2 minutes. Drain well.
- 2 Quickly cook vegetables in oil on griddle, stirring frequently with spatula.
- 3 Divide vegetables equally between steam table pans.
- 4 Divide and pour sauce over vegetables in each pan 15 minutes before serving.
- 5 CCP: Hold for service at 140 F. or higher.

Notes

- 1 For best results cook progressively in batches.