

## Chinese Style Vegetables with Tofu

Colorful Chinese Style Vegetables with Tofu provides crunchy bites of broccoli, fresh carrots, and red bell peppers along with tender tofu in a sweet and salty stir fry sauce. A quick and delicious meal!

### CACFP Home Childcare Crediting Information

$\frac{3}{4}$  cup ( $\frac{1}{2}$  cup and  $\frac{1}{4}$  cup measuring cups or 6 oz spoodle) provides  $\frac{1}{2}$  cup vegetable ( $\frac{1}{4}$  cup additional vegetable,  $\frac{1}{4}$  cup red/orange vegetable), and 1 oz equivalent meat alternate.



**Preparation Time:** 20 minutes

**Cooking Time:** 15 minutes

**Makes:** 6 servings

### Ingredients

- $\frac{3}{4}$  cup or 4 oz Fresh broccoli crowns, cut into small pieces
- 2 cups or 6 oz Fresh yellow squash, diced
- 1 cup or 4 oz Fresh red bell peppers, julienne slices
- 1 cup or 4 oz Fresh carrots, sliced
- 2 cups or 13  $\frac{1}{3}$  oz Tofu
- $\frac{1}{8}$  cup Water
- $\frac{1}{8}$  cup Low-sodium soy sauce
- $\frac{1}{4}$  tsp Garlic powder
- $\frac{1}{8}$  tsp Ground black or white pepper
- $\frac{1}{2}$  tsp Ginger, minced
- $\frac{1}{4}$  tsp Asian five spice powder
- 12 oz Stir fry sauce (recipe on next page)

\*See Notes Section for a replacement list of vegetables to use in case the vegetables mentioned above are out of season.

### Directions

- 1 Make Stir Fry Sauce using USDA recipe on page 2.
- 2 Heat large non-stick skillet over medium-high heat and spray with a pan release spray.
- 3 Add broccoli. Sauté over medium-high heat for 2 minutes.
- 4 Add squash. Sauté over medium-high heat for 3 minutes.
- 5 Fold in red bell peppers. Sauté over medium-high heat for 1-2 minutes.
- 6 Add carrots, tofu, water, soy sauce, garlic powder, black or white pepper, ginger, and Asian spice. Simmer uncovered over medium-high heat for 2-3 minutes.
- 7 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 8 Add stir fry sauce to vegetables and tofu in a large saucepan. Heat uncovered over low heat for 30 seconds, stirring constantly.
- 9 Pour vegetable mixture into a serving dish (8" x 8" x 2").
- 10 Critical Control Point: Hold at 140 °F or higher until served.
- 11 Serve  $\frac{3}{4}$  cup (portion with  $\frac{1}{2}$  cup and  $\frac{1}{4}$  cup measuring cups or 6 oz spoodle).

**Notes Section:**

**Seasonal Vegetable Replacement Options:** Cauliflower, Celery, Onions, Cabbage, Green Beans, Green Peas, Zucchini, Snow Peas, Pimientos, and Water Chestnuts

**Stir Fry Sauce Recipe**

1/8 cup or 1 oz Sugar

1 1/3 tsp Sesame oil

1/8 cup Low-sodium soy sauce

1 1/3 tsp Fresh ginger, grated

1 tsp Fresh garlic, minced

1/4 tsp Ground black pepper

2/3 cup Vegetable stock

1/8 cup Apple cider vinegar

1 tsp Lime juice

1/4 cup or 1/2 oz Fresh green onions, diced

1/8 cup 1 tsp Cornstarch (rounded up)

1/4 cup Water

- 1 In a medium saucepan, add sugar, sesame oil, soy sauce, ginger, garlic, pepper, stock, apple cider vinegar, lime juice, and onions.
- 2 Heat uncovered over medium-high heat for 2-3 minutes until sauce comes to a simmer. Stir constantly.
- 3 Add cornstarch and water to thicken sauce. Simmer uncovered over medium-high heat for 1 minute, stirring constantly.
- 4 Critical Control Point:  
Heat to 140 °F or higher for at least 15 seconds.
- 5 Pour stir fry sauce into a baking dish (8" x 8" x 2").
- 6 Critical Control Point:  
Hold at 140 °F or higher until served.

**Source:**

CACFP Home Childcare 6-Serving Recipe Project

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**Nutrients Per Serving: Calories 127, Protein 8 g, Carbohydrates 13 g, Dietary Fiber 2 g, Total Sugars 6 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 439 mg, Vitamin A 205 mcg RAE, Vitamin C 48 mg, Vitamin D 0 IU, Calcium 101 mg, Iron 2 mg, Potassium 221 mg**