



Stir-Fry Pork

Stir-frying is a popular and efficient cooking technique that involves using a small amount of oil to pan-fry vegetable medleys, meats, and seasonings.

CACFP CREDITING INFORMATION

½ cup (4 oz spoodle) stir-fry over ¼ cup rice provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Rice, brown, long-grain, uncooked	12½ oz	2 cup	1 lb 9 oz	1 qt	<p>1 Combine brown rice and water in a large stockpot. Stir once.</p> <p>For 25 servings, add 1 qt water. For 50 servings, add 2 qt water.</p> <p>Reserve remaining water for step 4. Heat over medium–high heat to a rolling boil.</p> <p>2 Cover and reduce heat to medium. Cook until water is absorbed, 30–40 minutes. Fluff the rice gently with a large slotted spoon.</p> <p>3 Make cornstarch mixture: In a small bowl, whisk together cornstarch, remaining water, and soy sauce until smooth.</p>
Water		1 qt ¼ cup		2 qt ½ cup	
Cornstarch		¼ cup		½ cup	

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Soy sauce, low-sodium		¼ cup		½ cup	
Broth, chicken, low-sodium	32 oz	1 qt	64 oz	2 qt	4 Make sauce: In a medium pot, bring chicken broth to a boil over medium–high heat. Stir in cornstarch mixture. Cook and stir frequently until nectar thick, 10–15 minutes. Remove from heat and set sauce aside.
Oil, canola		¼ cup		½ cup	5 Heat oil in a wok, tilting skillet, or skillet(s) over medium–high heat: For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
Broccoli, frozen, chopped	14½ oz	1 qt	1 lb 13 oz	2 qt	6 Add broccoli and sauté for 5–7 minutes, or until vegetables are thawed. Stir frequently.
*Carrots, fresh, peeled, shredded	1 lb	2 qt	2 lb	1 gal	7 Add carrots, onions, garlic powder, and ginger. Cook for 5 minutes or until vegetables become slightly tender. Remove from skillet and set aside.
*Onions, fresh, peeled, ¼" diced	12½ oz	3 cup 2 Tbsp	1 lb 9 oz	1 qt 2¼ cup	
Garlic powder		2 Tbsp 2 tsp		⅓ cup	
Ginger root, fresh, grated		2 Tbsp 2 tsp		⅓ cup	
Pork, sirloin roast, fresh or frozen, ½" cubed	4 lb 2 oz		8 lb 4 oz		8 Season pork with salt and pepper.
Salt, table		2 tsp		1 Tbsp 1 tsp	
Pepper, black, ground		1 tsp		2 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		2 sprays		4 sprays	<p>9 Coat skillet with nonstick cooking spray and place over medium high heat. Add pork and brown for 15–20 minutes. Stir frequently.</p> <p>Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.</p>
					<p>10 Add vegetables and sauce to skillet. Cook for 2–3 minutes. Stir frequently.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p>11 Serve ½ cup (4 oz spoodle) stir-fry over ¼ cup rice.</p> <p>Critical Control Point: Hold for hot service at 140 °F or higher.</p>



NUTRITION INFORMATION

For ½ cup (4 oz spoodle) stir fry over ¼ cup rice.

NUTRIENTS	AMOUNT
Calories	180
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	36 mg
Sodium	334 mg
Total Carbohydrate	17 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	15 oz	1 lb 13 oz
Carrots	1 lb 4 oz	2 lb 7 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Variation

If pork is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw pork at 40 °F or lower.

Ground ginger may be substituted for fresh ginger root. If using ground ginger, use half of the amount required in the recipe.

YIELD/VOLUME

25 Servings	50 Servings
6 lb 15¾ oz 3 qt ½ cup stir-fry, 1 qt 2¼ cup rice	13 lb 15½ oz 1 gal 2 qt 1 cup stir-fry, 3 qt ½ cup rice

