

## Chicken Stir Fry - USDA Recipe D-390 for CACFP

**Makes:** 25 or 50 Servings



### 25 Servings

### 50 Servings

Ingredients	Weight	Measure	Weight	Measure
Frozen, cooked diced chicken, thawed 1/2" pieces	1 lb 8 oz	1 qt 1 cup 2 Tbsp 2 1/2 tsp	3 lb	2 qt 2 1/4 cups 1 Tbsp 2 tsp
Low-sodium soy sauce		1/4 cup		1/2 cup
Chili sauce		1 Tbsp 1 1/2 tsp	2 oz	3 Tbsp
Cornstarch	3 1/2 oz	3/4 cup	7 oz	1 1/2 cups
Fresh ginger, chopped		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Garlic, minced		1 Tbsp 2 tsp	2 1/2 oz	3 Tbsp 1 tsp
Ground black or white pepper		1 tsp		2 tsp
Red Pepper Flakes		1 tsp		2 tsp
Salt		1 tsp		2 tsp
Sugar	7 oz	3/4 cup 2 Tbsp	14 oz	1 3/4 cups
Low-sodium chicken broth		1 qt		2 qt
Pineapple juice, 100% juice		2 cups		1 qt
*Fresh broccoli, chopped	2 lb	3 qt 3 Tbsp	4 lb	1 gal 2 qt 1/4 cup 2 Tbsp
Canola oil		1/3 cup 2 tsp		2/3 cup 1 Tbsp 1 tsp
Frozen edamame, thawed	2 lb 8 oz	2 qt 3/4 cup	5 lb	1 gal 1 1/2 cups
Canned pineapple tidbits in 100% juice, drained	1 lb 11 oz 3 cups 2 Tbsp 1 1/2 tsp (1/4 No. 10 can)		3 lb 6 oz	1 qt 2 1/4 cups 1 Tbsp (1/2 No. 10 can)
*Fresh carrots, shredded	1 lb 7 oz	1 qt 3 cups	2 lb 14 oz 3 qt 2 cups	
*Fresh onions, sliced	11 oz	1 1/3 cups 1 Tbsp 2 3/4 tsp	1 lb 6 oz	2 2/3 cups 3 Tbsp 2 1/2 tsp
*Fresh red bell peppers, chopped	8 oz	1 1/2 cups	1 lb	3 cups
Water		2 cups		1 qt
Fresh cilantro, chopped		1 1/3 cups 1 1/8 tsp	2 oz	2 2/3 cups 2 1/4 tsp

## Directions

- Combine chicken, soy sauce, chili sauce, 1/3 cup 2 tsp cornstarch, 2 1/2 tsp ginger, 2 1/2 tsp garlic, black pepper, red pepper flakes, salt, and sugar in a large bowl. Stir well. Cover tightly. Recommended to cook in batches of 25.
- Set remaining ginger and garlic aside for step 10. Set remaining cornstarch aside for step 11. Allow chicken mixture to marinate for 12-24 hours.
- Place marinated chicken in a large stock pot uncovered over high heat for 2-3 minutes, stirring constantly.

4. Add 2 cups chicken broth and 1 cup pineapple juice. Heat to a rolling boil allowing mixture to thicken. Set remaining chicken broth and pineapple juice aside for step 11.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
7. Transfer 2 qt 2 cups (about 5 lb) chicken mixture to a steam table pan (12" x 20" x 2 1/2"). Set aside for step 14. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 10.
9. Heat oil in a large stock pot.
10. Add boiled broccoli, edamame, pineapples, carrots, onions, bell peppers, and remaining ginger and garlic. Saute uncovered for 2-3 minutes, stirring occasionally.
11. Add remaining chicken broth and pineapple juice. Heat to a rolling boil. Add remaining cornstarch.
12. Add water. Stir well. Allow mixture to thicken.
13. Critical Control Point: Heat to 140 °F or higher.
14. Pour 1 gal 1 qt (about 8 lb 15 oz) vegetable mixture over chicken mixture into each steam table pan (12" x 20" x 2 1/2"). Stir well. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
15. Garnish with cilantro.
16. Critical Control Point: Hold for hot service at 140 °F or higher.
17. Portion with 8 fl oz spoodle (1 cup).

## Notes

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

Cooking Process #3: Complex Food Preparation

### **Serving**

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/4 cup additional vegetable, and 1/8 cup fruit.

OR

Legume as Vegetable: .75 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/4 cup additional vegetable, and 1/8 cup fruit.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat/Meat Alternate: 2 oz meat/meat alternate, 1/2 cup vegetable, and 1/8 cup fruit.

OR

Legume as Vegetable: .75 oz meat/meat alternate, 3/4 cup vegetable, and 1/8 cup fruit.

My Notes

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>	<b>Meal Components</b>	
Calories	231	Fruits	1/8 cup
Total Fat	8 g	Vegetables	
Saturated Fat	1 g	Dark Green	1/8 cup
Cholesterol	18 mg	Red & Orange	1/8 cup
Sodium	301 mg	Beans & Peas	1/4 cup
Total Carbohydrate	31 g	Meat / Meat Alternate	2 ounces
Dietary Fiber	5 g		
Total Sugars	19 g		
Added Sugars included	N/A		
Protein	12 g		
Vitamin D	0 IU		
Calcium	63 mg		
Iron	2 mg		
Potassium	496 mg		
N/A - data is not available			

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)