***Recipe #436 Oriental Blend Vegetables***

***Serving Size and Ingredients: 4 oz.***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| ¼ cup | ½ cup | 1 cup | Olive Oil |
| 1 ¼ lbs | 2 ½ lbs | 5 lbs | Fresh Broccoli, cleaned and chopped  \*May substitute frozen broccoli |
| 1 ¼ lbs | 2 ½ lbs | 5 lbs | Red Bell Pepper, cleaned and sliced  \*May substitute frozen bell peppers |
| 1 ¼ lbs | 2 ½ lbs | 5 lbs | Fresh Green Beans, cleaned and chopped  \*May substitute frozen green beans |
| ¾ lbs | 1 ½ lbs | 3 lbs | Fresh Mushroom, clean and sliced  \*May substitute frozen mushrooms |
| 2 quarts | 1 gallon | 2 gallons | Low Sodium Vegetable Broth |
|  |  |  |  |
| As needed | As needed | As needed | Pepper |
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***Instructions:***

1. ***Boil the vegetables in the low sodium vegetable broth until tender.***
2. ***Heat the oil in a skillet over medium-high heat. Add the vegetables and stir-fry until the vegetables are tender-crisp***
3. ***Season with salt and pepper if desired.***

NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145°; ground meat or meat mixtures to 155°; raw eggs not prepared for immediate service to 158°; poultry, stuffed meat/fish/ pasta to 165°.