



turkey stir fry

portion size:
1 c. stir fry on ½ c. rice

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Sauce					
Sauce, oyster	3 c. 5 oz.		7 c. 2 oz.		<ol style="list-style-type: none"> 1. Stir oyster sauce, soy sauce, brown sugar, and pepper together. Put aside. 2. Break or cut turkey into bite-size pieces. 3. Heat oil. Saute onions until limp. Add carrots, broccoli, garlic and ginger. 4. Stir in turkey, sauce, and water. Bring to boil and cook for about 10-15 minutes until vegetables are tender. 5. Blend cornstarch into water until there are no lumps. Stir mixture into boiling stir fry and cook until sauce thickens and is clear. 6. Serve 1 cup (8 oz.) stir fry on top of ½ cup (#8 scoop) of hot brown rice. <p>*Serving Suggestion: Offer dried red chili flakes on the side for extra spice.</p>
Sauce, soy, reduced sodium	7 oz. 1 tbsp.		1 c. 7 oz.		
Sugar, brown, packed	3 tbsp.		6 tbsp.		
Pepper, black					
PERFECT L'ATTITUDES® New World Slow Roasted Turkey, # 2156-34, thawed		5 lbs. 2 oz.		10 lbs. 4 oz.	
Oil, vegetable	1 c. 2 oz.		2 c. 4 oz.		
Chopped onions, raw		2 lbs. 7 oz.		5 lbs. 6 oz.	
Sliced carrot coins, fresh		2 lbs.		4 lbs.	
Broccoli florets, fresh		4 lbs.		8 lbs.	
Garlic, granulated	5 tbsp.		1 c. 2 tbsp		
Ginger, ground	2 tbsp.		¼ c.		
Water	3 c.		1 qt. 1 c.		
Water	1 c. 4 oz.		3 c.		
Cornstarch	¼ c.		½ c.		
Rice, brown, cooked		1 gal. 2 qt.		3 gal. 2 c.	

- 1 serving provides 1 oz. meat/meat alternate, 1 serving bread grain, ¾ cup vegetable (½ cup dark green, ¼ cup other).

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving					
Calories	274 cal	Trans Fat	0 g	Carbohydrates	35.34 g
Fat	9.61 g	Cholesterol	28.01 mg	Dietary Fiber	3.98 g
Saturated Fat	1.81 g	Sodium	976.63 mg	Protein	12.06 g