

Meals from the Heart

Yakisoba Sauce

Servings | 30

Ingredients

3 tbsp.	toasted sesame oil
1 tbsp.	canola oil
2 tbsp.	garlic paste
1 tbsp.	ginger paste
1/3 cup	vegetable stock
1/3 cup	water
3 cups (24 oz.)	ketchup
1/4 cup, packed	brown sugar
2 cups	low-sodium soy sauce
1/2 cup	apple cider vinegar
Juice from 3 oranges	
2 tbsp.	onion powder
1 tbsp.	garlic powder
3 tsp.	ground cinnamon
2 tsp.	ground black pepper
4 oz.	ginger paste

Directions

- In a saucepan, heat oil on high. When oil has heated, add garlic and ginger paste, stirring constantly until garlic is fragrant and lightly golden brown.
- Add vegetable stock and water, stirring to release stuck-on garlic bits in the bottom of the pan.
- Stir in the remaining ingredients, bring to a boil, then turn down heat to simmer.
- Cook down sauce until it has reduced by about 1/3.
- See Yakisoba recipe.



Meals from the Heart

Yakisoba

Servings | 25

Ingredients

≈ 7 lbs.	yakisoba noodles
≈5 lbs.	boneless, skinless chicken thighs *OR* pre-cooked option
4 tbsp.	canola oil
2 tbsp.	onion powder
2 tbsp.	garlic powder
1–14 oz. package	extra-firm tofu
1.5 tbsp.	soy sauce
2 tbsp.	nutritional yeast
1 head	green cabbage, cored and chopped
4 heads	broccoli, cut into bite-sized pieces
1 lb.	carrots, peeled and sliced
2 ea	small yellow onions, sliced
Prepared Yakisoba sauce	

Directions

- Preheat both ovens to 425°F and put a large pot of water on the stove to boil.
- Remove tofu from packages and press with paper towels.
- If using raw chicken: slice chicken thighs. If using pre-cooked option, break up chicken by hand into bite-sized pieces. With either option, distribute across two full-size hotel pans with 2 tbsp. canola oil, 1 tbsp. garlic powder, and 1 tbsp. onion powder in each pan. Toss well, then set both pans in one preheated oven until chicken reads 165°F with a food thermometer.
- Cube tofu (about 1"). Toss with soy sauce, then add nutritional yeast and toss well. Spread tofu in an even layer on a baking sheet lined with parchment paper, then place in the other preheated oven. Set timer for 12 minutes. Toss tofu, then bake for another 10 minutes. Add tofu to a clean full hotel pan.
- With proteins in the oven, prepare the vegetables. Split the prepped veggies across two large saucepans on high heat and cook, stirring frequently, until softened.
- Open packages of noodles and fluff a little in a large colander. Pour boiling water over to warm. Distribute noodles, veggies, and sauce evenly across the 3 hotel pans. Place pans in oven until service.



Meals from the Heart

Shopping List

Servings | 30

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

≈7 lbs. Yakisoba noodles

24 oz. ketchup

20 oz. low-sodium soy sauce

1 - 14 oz.
package extra-firm tofu

About 4 lbs. boneless, skinless chicken
 thighs**

1 small
package nutritional yeast

1 - 4 oz. tube garlic paste

1 - 4 oz. tube ginger paste

2 small yellow onions

1 lb. carrots

1 head green cabbage

4 heads fresh broccoli

1 small
bottle toasted sesame oil

3 oranges

**If you are shopping at Costco,
scan this QR code to see a great
pre-cooked chicken option—2
packages for this recipe!



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