

Meals from the Heart

Chicken Stir-Fry (with tofu variation)

Servings | 30

Ingredients

8 cups	dry long grain white rice
2 - 14 oz. packages	firm tofu
1 bottle	teriyaki sauce
6 cloves	garlic, minced
2 tsp	fresh ginger, thinly sliced
1/2 cup	vegetable oil
8 lbs.	chicken, cut raw into strips or 1-inch chunks
2 - 8 oz.	sliced canned water cans chestnuts, drained
8 oz.	fresh mushrooms, sliced
6	carrots, peeled and thinly sliced
1 lb.	Chinese cabbage, or bok choy
24 oz.	frozen peas
2 bunches	green onions

Directions

- Preheat oven to 400°. Bring 13 cups of water to a rolling boil. Measure dry rice into a deep, full-size hotel pan. Once water is boiling, pour into the pan with rice, cover with foil, and bake for 50 minutes.
- Unwrap tofu from package and press using paper towels, two plates, and a heavy object. Set aside for 15 minutes to drain.
- You might need two separate pans for the chicken stir-fry. Sauté ginger and garlic in hot oil for 2–3 minutes until softened. Separate 1/5 of the mixture and save for tofu stir-fry in a smaller pan.
- Add chicken to the larger vegetable mixture and cook until cooked through (use a meat thermometer to test that it is above 165 degrees). Add the tofu to the smaller vegetable mixture and cook until it begins to lightly brown.
- Add water chestnuts, carrots, bok choy, and mushrooms to cooked chicken. Also add some of them to the pan with the tofu. Stir-fry until mushrooms and carrots are softened.
- Add green onions and peas then stir-fry for an additional 2–3 minutes until vegetables are barely tender.
- Pour the teriyaki sauce over the mixture to taste.
- Serve the rice and stir-fry separately.



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Meals from the Heart

Shopping List

Servings | 25

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.

1 bottle	teriyaki sauce
1 head	garlic
1 - 2-inch piece	fresh ginger
8 lbs.	chicken, raw cut into strips
2 - 8 oz. cans	sliced canned water chestnuts
8 oz	fresh mushrooms
6	carrots
1 lb	Chinese cabbage or bok choy
24 oz	frozen peas
2 bunches	green onions
5 lbs	long grain white rice
2 - 14 oz. packages	firm tofu



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