

STIR FRY VEGETABLES - HCHS

Servings:	600.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29394
School:	Henderson County High School		

Ingredients

Description	Measurement	DistPart #
VEG BLND STIR FRY	1/2 Cup	440884
SEASONING GARDEN NO SALT	1 Teaspoon	565148
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon	225037

Preparation Instructions

Season to taste.
Steam for 15-20 min until vegetables are tender. Be careful not to overcook.