

TOFU HUEVOS RANCHEROS

Tofu with turmeric and curry have a great flavor and a texture like scrambled eggs. Pairing with lentil crumbles and pinto beans makes a delicious breakfast!

ONE PORTION PROVIDES:

½ cup red/orange vegetable, 2 oz. eq. meat/meat alternative, 2 oz. grains



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Lentil Crumbles with Pinto Beans</i>		
Lentil crumbles, Ground Pro	2 pounds 6 ounces	1. Combine lentil crumbles, un-drained pinto beans and water in a saucepan and cook for 12 minutes or until the consistency of a thick sauce. Heat to a minimum of 140.00 °F for 15 seconds
Pinto beans, canned	1 # 10 can plus 1 cup	
Water	1 quart, 2 ¾ cups	
<i>Tofu huevos</i>		
Tofu, raw, firm, prepared with calcium sulfate	13 ¾ pounds	2. Place drained tofu in a bowl. Add turmeric and curry and crumble with a fork or mix with a whisk.
Curry, dry powder, spices	1 ½ tablespoon	

Turmeric, ground, spice	1 ½ tablespoon	3. Sauté tofu until lightly browned and scrambled egg consistency. CCP-Minimum internal temperature should be 140°F. or above.
Ranchero sauce		
Tomatoes, Fresh, Whole, 6x6	15 pounds	4. Rinse, core and halve tomatoes. Boil for 4 minutes, place in ice bath to shock and remove skins.
Onion, yellow, 1/4-inch diced	4 pounds	5. In a blender, combine boiled tomatoes, diced onion, cilantro, jalapenos, and salt. Blend on pulse to combine and until slightly chunky
Cilantro, finely chopped	3 quarts (about 12 ounces)	
Peppers, jalapeno, sliced, canned, drained	3 ¼ pounds (1/2 # 10 can)	
Salt, kosher	2 tablespoons	6. Add crushed tomatoes and heat mixture until smooth CCP-Minimum internal temperature should be 140°F. or above.
Crushed tomatoes, canned, no added salt	2 # 10 can (24 cups)	
Tortilla, flour, whole grain, 6-Inch,	200 tortilla	7. On a hot skillet, heat tortillas on both sides until warm and soft. 8. Lay 2 tortillas on serving vessel as a base. 9. Top tortillas with the following: #16 scoop (1/4 cup) lentil pinto mixture #16 scoop (1/4 cup) tofu huevos 1/2 cup ranchero sauce

Serving size	1 assembled entree	Yield, weight	107 Pounds, 11 1/2 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	284	Total Fat (gm)	7	Vitamin A (IU)	536	Iron (mg)	4
Protein (gm)	13	Saturated Fat (gm)	0.5	Vitamin C (mg)	10	Sodium (mg)	710
Carbohydrate (gm)	49	Cholesterol (mg)	0	Calcium (mg)	199	Dietary Fiber (gm)	4.5