

# Amazing Lo Mein

ADAPTED FROM HOOVER CITY SCHOOLS, ALABAMA  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

### 50 Servings

### 100 Servings

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, prepared, dry weight	6 lb 4 oz		12 lb 8 oz	
Oil, Olive or Vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp		¾ cup
Onion, diced		1 pint		1 quart
Celery, diced		1 quart		2 quarts
Carrots, shredded		1 quart		2 quarts
Peppers, red, diced		1 pint		1 quart
Peppers, green, diced		1 pint		1 quart
Vegetables, stir-fry variety, frozen		1 ½ gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 ½ cups		1 pint + 1 cup
Sugar, granulated		¾ cup		1 ½ cups
Beans, garbanzo, canned, drained OR		2 ½ #10 cans		5 #10 cans
Beans, garbanzo, dry bean weight	4 lb 4 oz		8 lb 8 oz	

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

*HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.*

## Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. If using dry beans, reconstitute the garbanzo beans; drain and set aside.
3. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers and the frozen stir fry vegetables. Sauté until vegetables are tender but crisp.
4. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
5. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
6. Transfer to serving pans. Garnish each pan with cilantro.



*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

Portion 1 ½ cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and ½ cup other vegetable.

## Nutrition Information \*From USDA Nutrient Database

Calories: 505 Total Fat: 12g Saturated Fat: 2g Carbohydrate: 78g (16g Fiber) Protein: 20g Sodium: 503mg