

# Lomo Saltado

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

“A traditional Peruvian comfort food.”

**YIELD**

**50 Servings**

**100 Servings**

**Skill Level: Advanced**

Ingredients	Weight	Measure	Weight	Measure
French fries, frozen	7 lbs. 4 oz.		14 lbs. 8 oz.	
Meatless strips, thawed OR Tofu, firm, drained, cubed	10 lbs. OR 13 lbs. 12 oz.		20 lbs. OR 27 lbs. 8 oz.	
Garlic, minced		1/3 cup		2/3 cup
Oil, Olive or Vegetable		1 pint		1 quart
Red onion, sliced	3 lbs.		6 lbs.	
Red bell pepper, sliced	3 lbs. 8 oz.		7 lbs.	
Tomato, diced	6 lbs. 12 oz.		13 lbs. 8 oz.	
Soy sauce, low sodium		1 1/3 pint		2 1/3 pints
White vinegar		1 3/4 pints		3 1/2 pints
Salt		2 1/2 Tbsp.		1/3 cup
Black Pepper		3 1/2 Tbsp.		1/2 cup
Optional: Cilantro, roughly chopped		1 pint		1 quart

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

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

## Preparation

1. Bake French fries according to directions.
2. In a large skillet or pot add oil and brown meatless strips or tofu cubes
3. Add the garlic, onion, tomato, and peppers to the strips or tofu; stir and cook 5 minutes.
4. Add the soy sauce, vinegar, salt, pepper and 1 cup of cilantro, if using. Heat thoroughly, 5-7 minutes.
5. Remove from heat, add remaining cilantro, if using, and serve.

## Serving Information

On a plate, portion 1/2 cup of fries. Using an 8-ounce spoodle or ladle, portion 1 cup of the mixture over fries.

\*The mixture can be served in a soup bowl with the fries on the side.

Each serving provides: 2 meat alternates, 1/2 cup starchy vegetable, 1/2 cup red vegetables and 1/8 cup other vegetable, for a total of 1 1/8 cup vegetable component.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 340 Total Fat: 19g Saturated Fat: 2.6g Monounsaturated Fat: 11g Polyunsaturated Fat: 5g  
 Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 4g Total Sugar: 4g Protein: 12g Sodium: 670mg Vitamin  
 A: 61µg Vitamin C: 62mg Calcium: 222mg Iron: 2.5mg Folate: 3µg



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