



K-12



MINH[®]

SAUCE RECIPES

BRING MORE
FLAVOR OPTIONS TO
YOUR MENU USING
OUR FLAVORFUL
SCRATCH READY
SAUCE RECIPES.

Sweet & Sour
Teriyaki
Kung Pao
Orange
 *Szechwan*



LESS SODIUM SAUCES

- Low sodium – 300mg or less per serving
 - At least 25% less sodium*
- Clean label – minimal preservatives
- Five bold, intriguing flavors
- Versatile – create ethnic sandwiches, wraps, bowls, stir fry dishes and more
- Convenient – fully prepared
- Ships frozen – easy, safe handling
 - Shelf Life - minimum of 45 days refrigerated and 365 days frozen
- Five 6-lb bags per case



five 6-lb bags

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*When compared to a leading brand of Asian-style sauces of matching flavors.

Box Dimensions: 12" x 9" x 9"

Sweet & Sour Sauce



MINH™ Sweet & Sour Fish Taco

Zest up your fish offering by creating this sweet & sour fish taco with carrots and black beans.

Serves: 50

Ingredients

Pollock Wedge, Unbreaded (USDA Foods)
MINH™ Less Sodium Sweet and Sour Sauce, thawed
Green Cabbage, shredded
Carrots, shredded
Dry black beans
OR *Canned black beans, drained and rinsed
MINH™ Less Sodium Sweet and Sour Sauce, thawed
Soft Tortilla Shell, whole grain rich, 6-inch

Preparation

1. Bake Pollock Wedges tossed in **MINH™ Less Sodium Sweet and Sour Sauce**. Bake to 145° F.
2. Shred Pollock. *CCP*: Hold at 135° F.
3. Mix cabbage and carrots. *CCP*: Hold at 41° F.
4. Cook dry beans till tender. See Special tip from USDA, below.
If using canned black beans - drain and rinse well to remove sodium prior to adding to recipe ingredients.
5. Toss cabbage/carrot mix and black beans with **MINH™ Less Sodium Sweet and Sour Sauce**. *CCP*: Hold at 41° F.
6. Portion $\frac{3}{4}$ cup vegetable mix in tortilla shell. Top with # 20 scoop shredded Pollock.
7. Fold tortilla shell and serve immediately. *CCP*: Hold at 135° F

Food Components per Serving without Tortilla

Vegetable: $\frac{3}{4}$ cup Legume: $\frac{1}{4}$ cup Red/Orange: $\frac{1}{4}$ cup Other: $\frac{1}{4}$ cup
Meat/Meat Alternate: 1 M/MA (1 oz. eq.)

Estimated Nutrients per Serving without Tortilla

Total Calories: 120 Saturated Fat: 0 g Sodium: 55 mg

Measure	Weight
25 Wedges	4 lbs.
$\frac{1}{2}$ cup	
3 qt. $\frac{1}{2}$ cup	2lbs.
3 qt. $\frac{1}{2}$ cup	2 $\frac{1}{2}$ lbs.
2 $\frac{3}{4}$ lbs.	6 $\frac{1}{4}$ lbs.
2 #10 cans	
2 cups	
50 ea.	

Tips

One 6-lb pouch of frozen **MINH™ Less Sodium Sweet and Sour Sauce** thaws to a 10 cup measure; this recipe produces 50 servings and will use one quarter of a 6-lb. pouch (2 $\frac{1}{2}$ cups or 1 lb. 8 oz.).

Special Tips from USDA

SOAKING BEANS:

Overnight method: Add $1\frac{1}{2}$ qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil $1\frac{3}{4}$ qt. of water for each 1 lb. of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS: Once the beans have been soaked, drain and add fresh water. Boil gently with lid tilted until tender, about 2 hours.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours. Recipe above calls for chilled, cooked beans and this may need to be done the day before service.

1 lb. dry black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

Estimated nutrition information is based on dry black beans cooked without added salt; canned beans or beans cooked with salt would have higher sodium value.

Teriyaki Sauce



MINH™ Easy Lo Mein

Create an Asian favorite by using your USDA Commodity Whole Wheat spaghetti noodles and simply mixing with teriyaki sauce, edamame, carrots, green beans and chicken.

Serves: 50

Ingredients

Whole Wheat spaghetti noodles, dry (USDA Foods)
French style green beans, canned, reduced sodium, drained (USDA Foods)
Chicken, diced, fully cooked
MINH™ Less Sodium Teriyaki Sauce, thawed
Carrots, sliced
Edamame, out of the shell

Preparation

1. Boil noodles according to manufacturer instructions. Drain. CCP: Hold at 135° F.
2. Heat green beans to 140° F. CCP: Hold at 135° F.
3. Combine drained noodles, green beans, carrots, edamame, chicken and **MINH™ Less Sodium Teriyaki Sauce**, thoroughly coating ingredients with sauce. CCP: Hold at 135° F for service. Serve 1 cup volume measure. (2 - #4 scoops or 1 cup spoodle or 8-oz ladle).

Food Components Per Serving (using reduced sodium canned green beans).

Whole Grain Pasta: 1 cup Vegetable: ½ cup Red/Orange: ⅛ cup Legume: ⅛ cup Other: ¼ cup
Meat/Meat Alternate: 2 M/MA (2 oz. eq.)

Estimated Nutrients per Serving (using reduced sodium canned green beans).

Total Calories: 320

Fat: 5 g

Saturated Fat: 1 g

Sodium: 450 mg

Measure

4¾ lbs.

1 ½ - #10 cans

6¼ lbs.

1 qt., 2¼ cups

6¼ cups

6¼ cups

Tips

One 6-lb pouch of frozen **MINH™ Less Sodium Teriyaki Sauce** thaws to a 10 cup measure; this recipe produces 50 servings and will use slightly less than one half of a 6-lb. pouch (6 ¼ cups or 3 lb. 2 oz.).

Utilizing frozen green beans without added salt reduces estimated sodium level by 200 mg. Follow manufacturer's heating directions for frozen green beans. Other vegetable varieties can be substituted; credit subgroups accordingly.



Teriyaki Sauce

MINH™ Oriental Chicken Salad

Add some variety to your salad offerings with this chicken salad that uses our sweet teriyaki sauce, lettuce, cabbage, carrots, and tomatoes.

Serves: 50

Ingredients

Chicken, diced, fully cooked

MINH™ Less Sodium Teriyaki Sauce, thawed

Romaine Lettuce, chopped

Napa Cabbage, shredded, ready to use

Carrots, shredded

Tomatoes, cherry

Chow Mein Noodles

MINH™ Less Sodium Teriyaki Sauce, thawed

Apple Cider Vinegar

Apple Juice

Sesame Seeds, toasted

Preparation

1. Coat diced chicken with **MINH™ Less Sodium Teriyaki Sauce**. Cover; refrigerate to marinate and develop flavors overnight. *CCP: Hold at 41° F.*
2. Mix shredded Napa cabbage and carrots. *CCP: Hold at 41° F.*
3. Wash cherry tomatoes. *CCP: Hold at 41° F.*
4. Whisk together sauce, vinegar, and juice. Portion dressing into 2 Tbsp. per serving in covered portion cup for service *CCP: Hold at 41° F.*
5. Assemble individual salads: Layer 1 cup romaine with ½ cup mixed shredded carrots and cabbage. Top with 2 oz. Teriyaki-sauced, diced chicken and 3 cherry tomatoes. Sprinkle with ½ tsp. sesame seeds and 1 Tbsp. chow mein noodles. Serve with 2 Tbsp. of dressing (1 portion cup). *CCP: Hold at 41° F for service.*

Measure

Weight

	6¼ lbs.
1 cup	
3 gal. 2 cups	
3 qt. ½ cup	
3 qt. ½ cup	2 ½ lbs.
	4 ¾ lbs.
	½ lb.
4 cups	
2 cups	
1 cup	
1 cup	

Tips

One 6-lb pouch of frozen **MINH™ Less Sodium Teriyaki Sauce** thaws to a 10 cup measure; this recipe produces 50 servings and will use half of a 6-lb. pouch (5 cups or 3 lbs).

The chow mein noodles and toasted sesame seeds volume called for in the recipe is too small to credit as grains or meat/meat alternate.

Food Components Per Serving

Vegetable: 1 ¼ cups

Dark Green: ½ cup

Red/Orange: ½ cup

Other: ¼ cup

Meat/Meat Alternate: 2 M/MA (2 oz. eq.)

Estimated Nutrients Per Serving

Total Calories: 200

Saturated Fat: 1 g

Sodium: 310 mg

Orange Sauce



MINH™ Chinese Chicken Salad

Provide a healthy salad option with this great chicken salad that allows you to serve meat, vegetables, and fruit in one dish.

Serves: 50

Ingredients

Chicken, diced, fully cooked
MINH™ Less Sodium Orange Sauce, thawed
Romaine Lettuce, chopped
Carrots, shredded
Cabbage, shredded
Mandarin Oranges, drained*
Pears, diced, drained*
MINH™ Less Sodium Orange Sauce, thawed
Reserved liquid from Mandarin Oranges and Pears
Vinegar, Apple cider or White
Almonds, sliced and toasted
Chow Mein Noodles

OPTION: MINH® Egg Roll

Preparation

1. Coat diced chicken with **MINH™ Less Sodium Orange Sauce**. Cover and refrigerate to marinate overnight to develop flavors. CCP: Hold at 41° F.
2. Day of Service: Mix carrots and cabbage. CCP: Hold at 41° F.
3. *Reserve liquid from Mandarin Oranges and Pears. Mix Mandarin Oranges and Pears.
4. Whisk together **MINH™ Less Sodium Orange Sauce**, reserved liquid, and vinegar. Portion dressing into 2 Tbsp. per serving in covered portion cup for service. CCP: Hold at 41° F.
5. Assemble individual salads: Layer 1 cup romaine with ½ cup mixed shredded carrots and cabbage. Top with 2 oz. Orange-sauced, diced chicken and ½ cup mixed oranges and pears. Garnish with 1½ tsp. toasted almonds and 1 Tbsp. chow mein noodles. Serve with 1 portion (2 Tbsp.) of dressing. CCP: Hold at 41° F for service.
6. Prepare Egg Rolls according to directions. CCP: Hold at 135 °F until served.

Food Components Per Serving (Note: does not include any components from optional MINH® Egg Roll)

Vegetable: 1 cup Dark Green: ½ cup Red/Orange: ¼ cup Other: ¼ cup Fruit: ½ cup

Meat/Meat Alternate: 2 M/MA (2 oz. eq.)

Estimated Nutrients Per Serving (Note: does not include any components from optional MINH® Egg Roll)

Total Calories: 330 Saturated Fat: 1g Sodium: 200 mg

Measure

Weight

1 cup	6 ¼ lbs.
3 gal. 2 cups	
3 qt. 1 ½ cups	2 ½ lbs.
3 qt. 1 ½ cups	2 lbs.
	2 - #10 cans
	2 - #10 cans
4 cups	
2 cups	
1 cup	
1 ¼ cups	½ lbs.
50 each	

Tips

One 6-lb pouch of frozen **MINH™ Less Sodium Teriyaki Sauce** thaws to a 10 cup measure; this recipe produces 50 servings and will use half of a 6-lb. pouch (5 cups or 3 lbs). The chow mein noodles and toasted almonds volume called for in recipe is too small to credit as grains or meat/meat alternate.



Orange Sauce

Pork and Stix with MINH™ Orange Sauce

Add something completely new to your menu with orange pork and vegetables over sweet potato fries.

Serves: 50

Ingredients

Pork, raw, cubed, lean
 Vegetable Oil
 Pineapple tidbits, drained
 Chicken broth, reduced-sodium
MINH™ Less Sodium Orange Sauce, thawed
 Edamame, shelled, frozen
 Green and red pepper strips, frozen
 Sweet Potato Fries, frozen

Measure

Weight

11 lbs.
 ¼ cup
 1 - #10 can
 2 qts.
 5 cups 3 lbs.
 4¾ lbs.
 7 lbs.
 50 - ½ cup portions 12½ lbs.

Preparation

1. Brown pork in vegetable oil. Drain. CCP: Hold at 135° F.
2. Reserve juice for next step.
3. Mix pineapple juice, chicken broth, and **MINH™ Less Sodium Orange Sauce**. Add browned pork and bring to boil. Cover, reduce heat, and simmer for 45 minutes or until pork is tender. CCP: Hold at 145°F.
4. Add edamame and pepper strips; simmer 15 minutes.
5. Pour pork mixture into two medium half-steam table pans (10' X 12' X 4'). CCP: Hold at 135° F.
6. Bake sweet potato fries according to manufacturer instructions. CCP: Hold at 135° F.
7. Dish ½ cup sweet potato fries. Top with an 8-ounce ladle (1 cup) orange-sauced, pork and vegetable mixture.

Tips

One 6-lb pouch of frozen **MINH™ Less Sodium Teriyaki Sauce** thaws to a 10 cup measure; this recipe produces 50 servings and will use half of a 6-lb. pouch (5 cups or 3 lbs).

Estimated components for this recipe assume a frozen pepper blend without published percentages is used, making all peppers credited to Other Vegetable subgroup.

Food Components Per Serving (Note: does not include any components from optional MINH® Egg Roll)

Vegetable: 1 cup Legume: ¼ cup Red/Orange: ½ cup Other: ¼ cup Fruit: ¼ cup Meat/Meat Alternate: 2 M/MA (2 oz. eq.)

Estimated Nutrients Per Serving (Note: does not include any components from optional MINH® Egg Roll)

Total Calories: 520 Saturated Fat: 4 g Sodium: 620 mg