



中餐發展基金 Chinese Restaurant Foundation

MEI'S KITCHEN

12420 Edgemere Blvd. Ste. 107 El Paso, TX 79938

Located in El Paso, Texas, Mei's Kitchen is proud to be serving purely authentic, homemade Chinese food. The restaurant's services include dine-in experience, take-out and delivery within 3 miles radius of the restaurant; as well as catering with full size party platters for family gathering, birthday party, or office meetings. The restaurant's menu ranges from savory lunch items such as shrimp with broccoli or fresh tofu with assorted vegetables, to appetizing dinner items including braised bean cakes with mushrooms, mango shrimp or fresh salmon specials. The restaurant uses only 100% vegetable oil and does not add MSG to any of its dishes.

◆ Bean Curd Home Style (Serves 2)

Ingredients:

Soft Bean Curd, Carrots, Peas, Meat Stuffing, Red Pepper, Scallion, Ginger, Garlic, Broad Bean Paste, Rice Wine, Soy Sauce, Chicken Essence, Vegetable Oil, Salt, Cornstarch.

Cooking Method:

1. Cut the washed and peeled carrot into dices. Cook the diced carrots and peas in boiling water for a short while. Remove from water and drain aside, add the salt. Dice the bean curd and blanch it.
2. Heat the pan with 3tsp vegetable oil, stir-fry meat stuffing until the color becomes white, and then add ginger, garlic and broad bean paste sautéed until fragrant. Add diced bean curd, peas and diced carrot and rice wine, soy sauce and chicken essence, sauté them.
3. Pour wet cornstarch in the pan. Mince scallion and red pepper and splash them on the dish.

Nutrition Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
	Serving Size 22.50 oz	Total Fat 13g	20%	Total Carbohydrate 22g
Calories 270	Saturated Fat 5g	25%	Dietary Fiber 7g	30%
Calories from Fat 120	Trans Fat 0g		Sugars 11g	
	Cholesterol 0mg	0%	Protein 20g	
	Sodium 660mg	28%		
	Vitamin A 760% Vitamin C 20%		Calcium 20% Iron 20%	

*Percent Daily Values are based on a 2,000 calorie a day diet.

Nutrition Analysis is computerized, and is based on recipes submitted by restaurant. CRF is not responsible for inaccurate labels supplied by restaurants, vendors or manufacturers.

Notes:

This is half of the original portion served on the menu.

This portion size is analyzed for serving on the lunch menu with rice usually

Analysis does not include white rice served on the side