



Recipe Name: Zesty Vegetarian Enchiladas

File No:



Recipe Adapted From:

Healthy School Recipes

**Let's Cook**  
WISCONSIN SCHOOL MEALS ROCK

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 1 each	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Beans, Pinto, Canned, Drained, Rinsed, USDA #100365		4 - #10 can	1. Mix beans and cheese together in a pan. 2. In a large pot, whisk together tomato paste, chili powder, garlic, cumin, oregano, and vinegar. Gradually whisk in the broth. 3. Bring to a boil and reduce heat to low, whisking every 5 minutes. 4. Simmer for about 25 mins or until thickened and flavors have blended. 5. Warm tortillas in a warmer for 30 minutes before assembling. 6. Spray 4 full sized steam table pans with pan release spray. 7. Place 1½ qt of sauce into each steam table pan. 8. Fill each warmed tortilla with the bean and cheese mixture using a #8 scoop (½ cup or 3¼oz by weight). 9. Fold tortilla ends in and place seam side down, like a burrito. 10. Place into prepared steam table pans, in 2 rows. Top each pans with additional 1 qt of sauce, covering tortillas, especially the ends. 11. Cover pans and bake at 375°F for 50-60 mins or until sauce is bubbling. CCP: Heat to 165°F or higher for at least 15 seconds. 12. In a bowl, whisk together yogurt and lime juice.
Cheese Cheddar, Shredded, USDA #100012	6 lbs		
Tomato Paste, Canned, No Salt Added, USDA #100327	88 oz		
Chili Powder		1 cup	
Garlic Powder		1 cup	
Cumin, Ground		½ cup	
Oregano Leaves		½ cup	
Vinegar, Apple Cider		2 cup	
Broth, Vegetable, Low-Sodium		2 gal 3 cups	
Tortilla, Whole Grain, Frozen, USDA #100394		100	
Yogurt, Plain, Low-Fat		8 cups	
Juice, Lime		½ cup	
Cilantro, Fresh, Chopped		4 cups	

Meal Component Contribution			Total Yield	
Meat/Meat Alternate: 2 oz eq			Weight:	
Vegetable Subgroups			Number of Pans:	
DG	RO	BPL	Pan size:	
	¼ cup		Volume:	
S	O	A	<b>Nutritional Analysis Based on Portion Size</b>	
		⅛ cup	Calories: 361 kcal	
Fruit:			Saturated Fats (g): 3.79 g	
Grains: 1.5 oz eq			Sodium (mg): 746.80 mg	
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids	

Cover and refrigerate.  
 CCP: Hold for cold service at 41°F or lower.  
 13. Offer 1 Tbsp lime yogurt and sprinkle of cilantro for each enchilada served.

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
 S - starchy O - other A - additional