



Recipe Name: Zesty Vegetarian Enchiladas

File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 each	
Serving Utensil:	
Servings Per Pan:	

Ingredients		Weight	Measure	Procedure
Beans, Pinto, Canned, Drained, Rinsed, USDA #100365			2 - #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 2 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 minutes 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. 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. <p style="text-align: center;"><u>Equipment (if not specified in procedures above):</u></p> DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional
Cheese Cheddar, Shredded, USDA #100012		3 lbs		
Tomato Paste, Canned, No Salt Added, USDA #100327		44 oz		
Chili Powder			½ cup	
Garlic Powder			½ cup	
Cumin, Ground			¼ cup	
Oregano Leaves			¼ cup	
Vinegar, Apple Cider			1 cup	
Broth, Vegetable, Low-Sodium			1 gal 1½ cups	
Tortilla, Whole Grain, Frozen, USDA #100394			50	
Yogurt, Plain, Low-Fat			4 cups	
Juice, Lime			¼ cup	
Cilantro, Fresh, Chopped			2 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	Nutritional Analysis Based on Portion Size	
		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		