



825013 - Enchilada Bake

Source: K12 Culinary

Number of Portions: 96

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit:

Vegetable: 0.125 cup

Milk:

Recipe Subgroups:

Vegetable, Legumes

Whole Grain Rich

Milk

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen.....	8 lbs	Thaw diced chicken in refrigerator. CCP: Hold at 41° F or lower.
051495 Salsa, Low-sodium, Canned.....	1 qt	Combine thawed chicken with 1 quart of salsa. CCP: Hold at 41° F or lower.
825025R Seasoning Blend, Southwestern..... 826862 BEANS, CANNED, KIDNEY, LOW-SODIUM..... 826866 BEANS, CANNED, REFRIED, LOW-SODIUM... 011980 PEPPERS,CHILI,GRN,CND.....	2 cups 1 #10 can, drained 1 #10 can 1 lb + 10 ozs	Prepare Southwestern Seasoning Blend according to the recipe #825025. Measure required amount and set aside. (Note: store the remaining Southwestern Seasoning Blend in tightly covered container for use in other recipes.) Drain kidney beans, but do not rinse. Place drained kidney beans in a large mixing bowl. If using electric mixer, mix briefly with paddle attachment on lowest speed to slightly mash beans. If not using mixer, press beans with clean goved hands to mash and mix. Note: Beans should still have a chunky texture. Add refried beans, green chillies, and school made Southwest Seasoning Blend and mix until evenly combined. Add chicken mixture and mix to combine evenly.
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd..... 051558 Cheese, Mozzarella, Lite, Shredded.....	2 lbs 2 lbs	Combine cheeses in large bowl. CCP: Hold at 41° F or lower.

051495 Salsa, Low-sodium, Canned..... 826195 Tortilla, WG, 6in, Mission 33822.....	3 qts 96 each, 6 in, 31 g	<p>Spray 2 inch full size pan(s) with food release. Note: Each pan will provide 24 servings.</p> <p>Spread 1 cup salsa onto bottom of each pan. Layer ingredients in the following order onto salsa.</p> <ul style="list-style-type: none"> • 12 six inch tortillas (shingle to cover pan; 6 on each side) • 2 qt + 3 cups bean and chicken mixture (approximately 5 lb 12 oz by weight) • 8 oz (about 2 cups) shredded cheddar/mozzarella cheese blend • 12 six inch tortillas • 2 cups salsa • 8 oz (about 2 cups). shredded cheddar/mozzarella cheese blend <p>Bake at 350° F for 30-35 minutes with fan on low speed. CCP: Heat to 135° F or higher.</p>
		<p>Allow enchilada bake to rest for 5 minutes; then cut each 2 inch full size pan into 24 pieces (4 x 6). Cover and hold until service. Serve 1 square using a metal spatula.</p> <p>This item is best prepared and served the same day as leftovers do not re-heat well. CCP: Hold for hot service at 135° F or higher.</p>

*Nutrients are based upon 1 Portion Size (each)

Calories	258 kcal	Cholesterol	41 mg	Sugars	*2.5* g	Calcium	*76.21* mg	27.02%	Calories from Total Fat
Total Fat	7.75 g	Sodium	449 mg	Protein	18.21 g	Iron	*2.69* mg	11.32%	Calories from Saturated Fat
Saturated Fat	3.25 g	Carbohydrates	28.58 g	Vitamin A	*871.4* IU	Water ¹	*7.41* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	6.34 g	Vitamin C	*13.8* mg	Ash ¹	*0.32* g	44.26%	Calories from Carbohydrates
								28.20%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.