



290 Cheesy Chicken Enchiladas

Category: Lunch Entree

Serves: 100 (Enchilada)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Milk, Wheat	None	None

PICKLIST
1 #10 can of Beans, Black, Cnd (USDA) (13.5 spc), 1 27 oz can of Chili Peppers, Diced Green, 1 5.5# container of Chili Powder (5# container), 3 #10 cans of Enchilada Sauce, 1 gallon of Oil, Canola, 1 5# bag of Onions, Fresh, Jumbo, 1 5# tub of Sour Cream, Lite (5# tub)

#	INGREDIENTS	INSTRUCTIONS
1		Prepare the workstation by cleaning and sanitizing all areas. Gather all ingredients for preparation, drain and rinse black beans. Preheat oven. Control Measures: Wash Hands/ Replace Gloves
2	1 x Cup of Oil, Canola 2 x Pound and 8 x Ounce of Onions, Fresh, Jumbo 1 x Cup of Cumin, Ground 1/2 x Cup of Chili Powder (5# container) 1 x #10 can of Beans, Black, Cnd (USDA) (13.5 spc) 6 x Pound and 4 x Ounce of Cheese, Cheddar, Shredded, Red. Fat (USDA) 1 x Quart and 1 x Cup of Sour Cream, Lite (5# tub) 26 x Ounce of Chili Peppers, Diced Green 6 x Pound and 4 x Ounce of Chicken Diced, Cooked, Frozen (USDA)	Heat oil in a large skillet/stock pot/steam kettle over medium-high heat. Add chopped onion and saute until soft, about 5-7 minutes. Remove from heat, stir in cumin and chili powder. Let cool slightly and stir in the black beans, green chili, cheddar cheese, chicken, and sour cream. Stir until well blended.
3	2 x Gallon of Enchilada Sauce 100 x Tortilla of Tortilla, Whole Wheat, 8"	Lightly coat (1 cup sauce) the bottom of a hotel pan with enchilada sauce. Divide enchilada mixture evenly between tortillas using a level (not rounded) #8 scoop, placing filling just off center of each tortilla. Roll tortillas into loose cylinders. Place 15 enchiladas seam side down in a 2" hotel pan. Pour 3 1/2 cups enchilada sauce over top, and sprinkler with additional cheese (1 cup per pan). Cover in foil, place in oven and bake until bubbling and lightly browned, approximately 20-25 minutes. Let rest for 10 minutes before serving. Product must reach an internal temperature of 165° F for 15 seconds. Control Measures: After Cook Temperature

NOTES
Recipe makes 100 servings.
1 enchilada: 100 oz of Cheese, and 100 oz diced chicken = 200 oz M/MA= 2 oz M/MA per serving. Grain: 1.75 oz equivalent Grain. 8" tortilla = 1.75 oz grain MFS

NUTRIENT	ENCHILADA
Calories	341.4229 kcals
Saturated Fat	7.51 g



NUTRIENT	ENCHILADA
Sodium	1033.2332 mg
Total Carbohydrate	32.8502 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Enchilada	2.000 oz Meats/Meat Alternates, 1.750 oz Grains, 1.750 oz Whole Grain-Rich (Grains)



900027 Sour Cream, Lite (5# tub)

Category: Dairy and Egg Products

Serves: 2 (Quart)

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Milk	None	None

#	INGREDIENTS	INSTRUCTIONS
1	1/2 gallon of Sour Cream, Lite (5# tub)	

NUTRIENT	QUART
Calories	1280 kcals
Saturated Fat	64 g
Sodium	960 mg
Total Carbohydrate	64 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Quart	



990288 Onions, Fresh

Category: Vegetable
Serves: 3 (Pound)
HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1	17 1/8 x 1/2 cup diced of Onions, Fresh, Jumbo	

NOTES
FBG (Column 3 & 4) 1# FRESH ONION = 4.65 (1/2 cup) servings diced onion = .5 OTHER VEGETABLE FBG (Column 3 & 4) - 1# FRESH ONION = 7 (1/2 cup) servings sliced onion = .5 OTHER VEGETABLE

NUTRIENT	POUND
Calories	170.0972 kcals
Saturated Fat	0 g
Sodium	14.1748 mg
Total Carbohydrate	42.5243 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Pound	