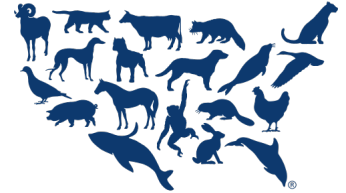


Salsa Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE



YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Corn Tortilla		50 each		100 each
Rice, brown, dry	2 lbs.		4 lbs.	
Water		½ gallon		1 gallon
Olive or vegetable oil		1/3 cup		2/3 cup
Kidney beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Black beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Onion, chopped	1 lb		2 lbs	
Green Bell Pepper, chopped	½ lbs		1 lbs	
Taco Seasoning		½ cup		1 cup
Garlic powder		½ cup		1 cup
Salsa, canned		1 gallon		2 gallons
Enchilada Sauce				
Tomato Sauce, canned		64 oz		
Onion, chopped		1 cup		
Chili powder		3 Tbsp		
Cumin, ground		1 tbsp + 1 tsp		
Oregano flakes		1 tsp		
Garlic powder		1 tsp		

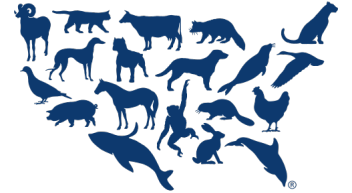
Preparation

1. Prepare rice by combining with water and cooking. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.
2. Hold cooked rice in warmer, covered.
3. Heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
4. Heat oil in a large pan on a stove or in a tilt skillet. Add onions and bell peppers and heat until onions are translucent, approximately five minutes.
5. Add taco seasoning and garlic powder to onions and bell peppers and cook another minute. Turn off heat.
6. Add beans, rice and 1/3 gallon of salsa and mix thoroughly.
7. Spread ½ cup of bean and rice mixture over tortilla and fold into an enchilada shape and place in 2 inch steam table pan either lined with parchment paper or sprayed.
8. Prepare enchilada sauce by mixing all enchilada sauce ingredients. Add remaining 2/3 gallon salsa and mix. Pour evenly over enchiladas and bake covered for 20-25 minutes at 350 degrees.

Alternatives: If Tomato sauce is not available, for 100 servings use one #10 can of tomato sauce and one #10 can of water and stir thoroughly to make tomato sauce.

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Alternatives: If both black beans and kidney beans are not available, can use twice the amount of the type of bean available or substitute with an equal amount of Navy beans or Pinto beans (canned, drained). If canned beans are not available, scratch cooked to weight, drained, may be substituted.

Alternatives: If Green Bell peppers are not available, can substitute with equal amount of red or yellow or orange bell peppers.

Alternatives: If taco seasoning is not available, can make taco seasoning with $\frac{3}{4}$ cup chili powder, $\frac{3}{4}$ cup ground cumin, 2 tablespoons paprika, 2 tablespoons onion powder, 3 tablespoons garlic powder and 3 tablespoons dehydrated onion flakes (makes 2 cups).

Alternatives: If fresh onions are not available, substitute 1 pound of onions with $\frac{1}{2}$ cup of onion powder, to taste. If garlic powder is not available substitute $\frac{1}{2}$ cup of garlic powder with $\frac{1}{2}$ cup minced fresh garlic.

Alternatives: If brown rice is not available can substitute with equal amounts of white rice or quinoa.

Alternatives: If corn tortillas are not available can substitute with 10" wheat or white tortillas.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use spatula to serve one burrito.

Nutrition Information *From USDA Nutrient Database

NEED to update with the addition of the onions, bell peppers and taco seasoning to recipe from original:

Calories: 398 Total Fat: 8g (18% calories from total fat) Saturated Fat: 4g (9% calories from saturated fat)

Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 68g Fiber- 16g Total

Sugar-5g Protein: 16g Sodium: 835mg Vitamin A: 15ug RAE Vitamin C: 2mg Calcium: 230mg Iron: 1mg Folate: 165ug