

Extended Recipe Report

Recipe Number: L 003 00 Portions Requested: 100 Portion Size: 2 Enchiladas

POS Display Name:

Recipe Name: Plant Based Enchiladas

Recipe Cost Per Portion: 0.91 CostW/ Condiments: 1.09

Nutritional Information

G4G:	Calories:	Carbohydrates (G):	Sugars (G):
Protein (G):	Fat (G):	Sat Fat(G):	Cholesterol (MG):
Sodium (MG):	Sodium Level:	Calcium (MG):	Fiber (G):

<u>Ingredients</u>	<u>Quantity &</u>		<u>Weight</u>	
	<u>Unit Of Measure</u>	<u>LBS</u>	<u>OZS</u>	
1 OIL PAN COATING AEROSOL 6/17 OZHIGH HEAT YIELD	1/3 TB			
: ONION 1/10LB CS (Diced)	3 1/4 QTS	5		
: GARLIC, PDR, CALIFORNIA, 1/16 OZ CO	3 TBS		1	
: PEPPER RED GRD 1/16 OZ SEN/S	1/4 CUP		1	
: SPICE BLD, CHILI PDR, SEN/S DARK	1 1/4 CUPS		5	
: SAUCE, ENCHILADA, MILD, 4/138 OZ CO	4 3/4 GALS	41	8	
: TORTILLAS, WHL WHEAT, FZN, FLOUR, 8 IN., 6/24CT PG	100 EA	8	8	
White Rice	1 Bag	4		
Black Beans (Drained and Rinsed)	2 Cans			
Corn (Drained)	1 Can			
Jalapenos (Drained)	1 Can			

Recipe Instructions

Method

- 1 Lightly spray kettle or stock pot with non-stick cooking spray. Stir-cook onions in a lightly sprayed steam jacketed kettle or stock pot 5 minutes or until tender.
- 2 Combine onions, 6-1/4 qt enchilada sauce, chili powder, red pepper, and garlic powder. Blend well.
- 3 Spread 1-1/4 cup enchilada sauce in each sheet pan.
- 4 Place 1/3 cup (1-No. 12 scoop) of filling in center of each tortilla. Roll tortilla tightly around filling. Place 3 rows seam-side down in each sheet pan (about 50 per pan).
- 5 Pour remaining enchilada sauce evenly over enchiladas in each pan.
- 6 Using a convection oven, bake 10 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15seconds.

Filling:

Steam rice for 30 mins. Saute onions then add the corn, black beans, jalapenos and seasonings cooking for 3-5 mins. Add vegetable mixture to rice, make sure to thoroughly mix.

Hold for service at 140 F. or higher.

*** END OF RECIPE L00300 ***