

# Enchilada Sauce

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Meal equivalents noted on "Enchilada Bake" recipe

Number of Portions: 2

Portion Size: 1 quart

Ingredients	
Olive oil	1/4 cup
Flour, wheat, white, AP enriched	2 1/4 oz
Chili powder	1/4 oz
Salt	1/4 oz
Cumin, ground	1/4 oz
Garlic powder	1/4 oz
Tomato paste, without salt	12 oz
Water	1 1/2 qts

## Instructions

1. Pour olive oil into kettle.
2. Stir in spices and flour to incorporate.
3. Add water and tomato paste. Heat to 200° F. Sauce should be smooth and as thick as heavy cream.
4. Use 1 quart per pan of Enchilada Bake.

Nutritional Information					
Calories	529	Iron	10 mg	Protein	12 g 9%
Cholesterol	0 mg	Calcium	140 mg	Carbohydrates	63 g 47%
Sodium	1691 mg	Vitamin A	3690 IU	Total Fat	29.6 g 50.3%
Dietary Fiber	10 g	Vitamin C	40 mg	Saturated Fat	4.2 g 7.1%
				Trans Fat	0.0 g 0.0%