

Radical Rice & Bean Enchiladas



THE HUMANE SOCIETY
OF THE UNITED STATES

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Rice, brown, dry	2 lbs.		4 lbs.	
Water		½ gallon		1 gallon
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
Salsa, canned		1 gallon		2 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Combine rice and water. Cook uncovered in steamer for 20-25 minutes or until water is absorbed.
2. Hold cooked rice in warmer, covered.
3. Heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
4. To assemble: Lay tortillas on parchment paper on work surface. Spread ¼ cup rice down center of each tortilla. Spread ½ cup of beans over rice. Spread ¼ cup salsa on beans.
5. Fold into envelope shape and place in 2 inch steam table pan either lined with parchment paper or sprayed.
6. Top each enchilada with remaining salsa.
7. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

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 enchilada.

Each enchilada provides 2 meat/ meat alternates, 2.5 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains) and 1/4 cup red/orange vegetable.

Nutrition Information * From USDA Nutrient Database

Calories: 395 Total Fat: 6g Saturated Fat: 2g Carbohydrate: 71g (15g fiber) Protein: 16g Sodium: 829mg