

Spectacular Sweet Potato Enchiladas

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



THE HUMANE SOCIETY
OF THE UNITED STATES

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
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	7 lbs. 12 oz. OR 5 lbs. 8 oz.		15 lbs. 8 oz. OR 11 lbs.	
Onions, fresh, diced	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, frozen, diced	2 lbs. 4 oz.		4 lbs. 8 oz.	
Garlic, granulated		¼ cup		½ cup
Vegetable broth		¼ cup		½ cup
Pinto beans, canned, drained, rinsed		1 ½ #10 cans OR ¾ gallon + 1 cup		3-#10 cans OR 1 ½ gallons + 1 cup
Black beans, canned, drained, rinsed		2-#10 cans OR ¾ gallon + ½ cup		4-#10 cans OR 1 ½ gallons + 1 cup
Salsa, canned		1 ½ #10 cans OR ¾ gallon + ½ cup		3-#10 cans OR 1 ½ gallons + 1 cup
Chili powder		⅓ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Cumin		1 Tbsp.		2 Tbsp.
Enchilada sauce, reduced sodium		1 ½ quarts + ¼ cup		¾ gallon + ½ cup

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

Preparation

1. Preheat oven to 350 degrees Fahrenheit and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
4. Add the black beans, pinto beans, salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread ¾ cup of bean filling in the center of each tortilla. Fold each end in and roll to seal. Place in 2 inch steam table pan either lined with parchment paper or no stick cooking spray. Continue until all enchiladas are filled.
6. Top each enchilada with 2 Tbsp (⅓ cup) of enchilada sauce.

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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 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains), ½ cup red/ orange vegetable and ¼ cup other vegetable.

Nutrition Information * Estimate from USDA Nutrient Database

Calories: 425 Total Fat: 8g Saturated Fat: 4g Carbohydrate: 73g (19g fiber) Protein: 17g Sodium: 675-800mg