

Southwest Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD:

25 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Corn Tortilla		25 each		
OIL BLEND VEGETABLE 90 / EVO 10		1/4 cup		
SAUSAGE Vegan PATTY, THAWED, DICED 1/2"	1 lb, 8 ozw			
Roasted Sweet Potatoes		1 qt, 2 cup		
VEGETABLE FRESH ONION YELLOW, TRIMMED, DICED 1/2"	15 ozw			
VEGETABLE FRESH Bell PEPPER GREEN, SEEDED, DICED 1/2"	15 ozw			
VEGETABLE FRESH Bell PEPPER RED, SEEDED, DICED 1/2"	15 ozw			
VEGETABLE FRESH PEPPER CHILI JALAPENO, SEEDED, MINCED	9 ozw			
Roasted Corn		3 cup		
VEGETABLE FRESH TOMATO 6 X 6, CORED, DICED 1/2"	1 lb, 2 ozw			
Black beans, drain and rinse	30 oz can			
Enchilada Sauce				
Tomato Sauce, canned		32 oz		
Salsa	1/3 gal			
Onion, chopped		1/2 cup		
Chili powder		1 1/2 Tbsp		
Cumin, ground		2 tsp		
Oregano flakes		1/2 tsp		
Garlic powder		1 tsp		

Preparation

1. In saute pan over high heat, heat 1/2 tsp oil. Add the following:

2-oz spoodle vegetarian sausage patty

2-oz spoodle Sweet Potatoes

1-oz spoodle onion

1-oz spoodle green pepper

1-oz spoodle red pepper

1 tsp jalapeno

1-oz spoodle Roasted Corn

1-oz spoodle tomato

Stir-fry until vegetables are tender-crisp and vegetarian sausage is browned, 2 to 3 minutes.

Southwest Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE



2. Spread $\frac{1}{2}$ cup of bean and vegetable mixture over tortilla and fold into an enchilada shape and place in 2 inch steam table pan either lined with parchment paper or sprayed.
3. Prepare enchilada sauce by mixing all enchilada sauce ingredients. 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.

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 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 enchilada.

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