

Three Sisters Enchiladas

Main Dish

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		½ cup			<ol style="list-style-type: none"> Heat oil over medium heat and add onions and squash. Saute onion and squash until tender, about 10 minutes. Add the chili powder, cumin, and granulated garlic. Mix to combine. Remove from heat. Combine the pinto beans, corn, cheddar cheese, and enchilada sauce in a large mixing bowl. Add the onion and squash, and mix thoroughly. Prepare 12"x20"x2 ½" pans by spraying lightly with food release, and spread 10 oz of enchilada sauce on the bottom of each pan. Steam the tortillas until soft and pliable. Using a 6 oz spoodle, or a combination of a number 8 and number 16 scoops, place ¾ cup of the squash, bean and corn mixture in the center of a tortilla and roll up. Place the filled tortillas in the prepared 12"x20"x2 ½" pan. Each pan will fit 10 enchiladas. Pour 10 oz of enchilada sauce evenly over the top of the enchiladas. Spread sauce to cover the entire tortilla. Top with the additional reduced fat cheddar cheese. Cover tightly with foil. Bake in a 325°F oven for 45 minutes. Internal temperature should be 135°F or above. <p>CCP: Cook until internal temp reaches 135°F or above.</p>
Onion, diced	4 lb				
Butternut squash, ½ inch, diced	13 lb 4 oz*				
Chili powder		½ cup			
Cumin		2 Tbsp 2 tsp			
Granulated garlic		4 tsp			
Pinto beans, canned, drained	8 lb				
Corn kernels, thawed	6 lb				
Cheddar cheese, reduced fat shredded	3 lb				
Tortillas, whole grain, 8"		100 each			
Red chili enchilada sauce, canned	100 oz	3 qt, ½ cup			

Topping: Cheddar cheese, reduced fat shredded	2 lb 4 oz				8. Let rest for 5 minutes before serving. CCP: Hold at or above 135°F before and during service. Notes: <ul style="list-style-type: none"> *Purchase amount of fresh squash for 100 servings is 15 lbs 6 oz.
Red chili enchilada sauce, canned	100 oz	3 qt, ½ cup			

Serving Size	1 Serving Provides	Yield
1 enchilada	2 oz equivalent meat/meat alternate, 1 ½ oz equivalent grain/bread, and ½ cup vegetable	100 servings

Nutrients Per Serving

Calories	312	Vitamin A	6399 IU	Iron	1.4 mg
Protein	14.6 g	Vitamin C	14.5 mg	Calcium	327 mg
Carbohydrate	45 g	Fiber	8.7 g	Cholesterol	13.4 mg
Fat	9.6 g	% Fat	28 %	Sodium	599 mg
Saturated Fat	4 g	% Saturated Fat	12 %		