

Enchilada Bake

Saint Paul Public Schools

HACCP Process: #3 Complex Food Preparation

Number of Portions: 48

Portion Size: 1 piece

One portion provides: 1 oz eq Whole Grains AND

1 1/2 oz meat/meat alternate OR

1/2 oz meat/meat alternate AND 1/4 cup Legumes

Ingredients	
Corn tortillas, whole grain, 6"	48
Cheddar cheese, low-fat, shredded	2 lbs
Enchilada Filling, pg. 22	8 lbs
Enchilada Sauce, pg. 23	2 qt

Instructions

1. In each 2" steam table pan, layer:
 - 1 cup sauce in bottom of pan
 - 8 corn tortillas on top of sauce
 - Spread on half or about 3 1/4 pounds enchilada filling (11/no. 8 scoops)
 - Evenly distribute 1/3 pound cheese (1 1/3 cups) over filling
 - Place 8 corn tortillas on top of cheese
 - Spread on half or about 3 1/4 pounds enchilada filling (11/no. 8 scoops)
 - Evenly distribute 1/3 pound cheese (1 1/3 cups) over filling
 - Place 8 corn tortillas on top of cheese
 - Pour remaining 3 cups sauce to cover entire top of the bake
 - Top with remaining 1/2 pound cheese (1 1/3 cups)
2. Bake, covered, in a preheated 350° F oven for about 60-70 minutes or until critical control point of 165° F is reached. Let stand for 15 minutes before cutting (cut 4x6).

Enchilada Filling

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Number of Portions: 8

Portion Size: 1 pound

Meal equivalents noted on "Enchilada Bake" recipe

Ingredients	
Ground beef, 75/25, raw	2 1/2 lbs raw weight
Onions, dehydrated flakes	3 1/4 oz
Chili powder	1.4 oz
Salt	1/4 oz
Cumin, ground	1/4 oz
Pepper, red or cayenne	1/4 oz
Beef base, reduced sodium	1/4 oz
Pinto beans, canned	6 1/2 lbs

Instructions

1. Brown ground beef, drain off excess fat.
2. Add onions, spices and beef base. Mix completely.
3. Add undrained pinto beans
4. Heat mixture until slightly thickened.
5. Use 4 lbs per pan of Enchilada Bake.

Enchilada Sauce

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Number of Portions: 2

Portion Size: 1 quart

Meal equivalents noted on "Enchilada Bake" recipe

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.