



Chicken Enchilada

Flour tortillas overflowing with savory chicken, cheese, and zesty enchilada sauce. The house-made enchilada sauce adds an extra layer of deliciousness.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 1 hour
Cook Time: 35 minutes

NSLP/SBP crediting information:
1 enchilada provides 2 oz equivalent meats/meat alternates, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 2 1/4 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable oil	2 oz	1/4 cup	4 oz	1/2 cup	<ol style="list-style-type: none"> Sauté vegetables in oil for 3-4 minutes, just until vegetables begin to become translucent. Transfer vegetables to a food processor or blender. Add tomato sauce to puree. Return mixture to the saucepan. Add tomato paste, chicken broth, sugar, and seasonings.
*Onions, chopped	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	
*Green bell pepper, chopped	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups	
Tomato sauce	4 lb 11 oz	2 qt 2 cups	8 lb 6 oz	1 gal 1 qt	
Tomato paste	7.9 oz	1 cup	15.8 oz	2 cups	
Chicken broth	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	1 ¾ oz	¼ cup	3 ½ oz	½ cup	
Chili powder	1 ¼ oz	⅓ cup	2 ½ oz	⅔ cup	
Cumin	0.2 oz	1 Tbsp	½ oz	2 Tbsp	
Garlic powder	½ oz	1 ½ Tbsp	1 oz	3 Tbsp	
Chicken breast, cooked, and shredded or chopped	6 lb		12 lb		6. Prepare the filling by mixing the shredded or chopped chicken and cheese together in a bowl.
Cheddar cheese, reduced fat, shredded	2 oz	½ cup	4 oz	1 cup	7. Using 3 full-sized hotel pans (20 ¾" x 12 ¾"), ladle 3 cups of sauce into pan and spread to cover the pan with a thin layer of sauce.
Whole grain-rich flour tortillas		50 each		100 each	8. Fill enchiladas by laying the tortilla flat and use a No. 12 disher to scoop the filling into the center of the tortilla and spread to create a line of filling down the center of the shell. 9. Roll the tortilla to enclose the filling and place the enchilada into the pan, seam side down. 10. Cover the tops of the enchiladas with the remaining sauce (3 ⅔ cups of sauce per pan).
Cheddar cheese, reduced fat, shredded	3 oz	¾ cup	6 oz	1 ½ cups	11. Sprinkle top with cheese. 12. Bake uncovered for 30-35 minutes at 350 °F. Critical Control Point: Hold for hot service at 135 °F or higher.
Whole grain rice, cooked	10 lb	1 gal 2 qt	20 lb	2 gal 1 qt	13. Serve 1 enchilada with ½ cup cooked rice (No. 8 scoop).



