



Saucy Creole Enchilada Bowl

Chicken that delivers on flavor and ease of preparation. Recommend serving with brown rice so no rolling of tortillas is required. Locally grown jalapeño peppers give this favorite a kick!

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
 Louisiana Department of Education, St. Tammany Parish Public Schools

Preparation Time: 30 minutes

Cook Time: 45 minutes

NSLP/SBP crediting information:

$\frac{2}{3}$ cup (No. 6 scoop) provides 2 $\frac{1}{2}$ oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken, diced, cooked, frozen	6 lb 4 oz		12 lb 8 oz		<ol style="list-style-type: none"> 1. Thaw diced chicken under refrigeration. Critical Control Point: Hold at or below 41 °F. 2. Preheat convection oven to 350 °F or conventional oven to 375 °F. 3. Spray 2-inch-deep full-size pans with pan release. Each 2-inch-deep full-size pan will hold about 20 servings. 4. Wash onions and jalapeños under cold running water. Cut onions into $\frac{1}{4}$" dice.
*Onions, yellow, fresh	14 oz	2 $\frac{3}{4}$ cups	1 lb 12 oz	1 qt 1 $\frac{1}{2}$ cups	
*Jalapeños, fresh	2 oz	$\frac{1}{2}$ cup	4 oz	1 cup	
Oil, vegetable		3 Tbsp		$\frac{1}{4}$ cup 2 Tbsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Soup, cream of chicken, condensed, reduced sodium	3 lb 14 oz	About 1 ¼ 50 oz cans	7 lb 12 oz	About 2 ½ 50 oz cans	<p>5. Remove seeds from jalapeños and mince.</p> <p>6. Heat oil in a large skillet or tilt skillet over medium high heat.</p> <p>7. Add onions and jalapeños and sauté, stirring frequently, just until softened, approximately 5-6 minutes. Turn off heat.</p> <p>8. Use a large vessel for the next step. Depending on the batch size, this may be done in a tilt skillet/braiser, in the mixing bowl of a floor mixer, or a very large mixing bowl.</p> <p>9. Combine thawed chicken, cooked onions and jalapeños, cream of chicken soup (not reconstituted), sour cream, water, shredded cheddar cheese, Creole seasoning, and granulated garlic. Mix thoroughly to combine all ingredients.</p> <p>10. Transfer mixture to prepared pan(s). Each pan will hold about 8 lb of the chicken mixture.</p> <p>11. Bake uncovered, until the mixture is bubbling and the cheese has fully melted, approximately 30-40 minutes.</p> <p>Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.</p> <p>12. Serve ¾ cup, using a No. 6 scoop, of chicken enchilada mixture.</p>
Sour cream, reduced fat		2 qt		1 gal	
Water		1 qt 1 cup		2 qt 2 cups	
Cheese, cheddar, reduced fat, shredded	2 lb	2 qt	4 lb	1 gal	
Creole seasoning blend, school-made (see attached recipe)		½ cup		1 cup	
Garlic, granulated		2 Tbsp		¼ cup	

SAUCY CREOLE ENCHILADA BOWL
NUTRITION INFORMATION

For ⅔ cup (No. 6 scoop)

NUTRIENTS	AMOUNT
Calories	222
Total Fat	12 g
Saturated Fat	5.6 g
Cholesterol	70 mg
Sodium	335 mg
Total Carbohydrate	8 g
Dietary Fiber	<1 g
Total Sugars	1.7 g
Added Sugars included	N/A
Protein	21 g
Vitamin A	1084 mcg RAE
Vitamin C	4 mg
Vitamin D	N/A
Calcium	50 mg
Iron	.6 mg
Potassium	N/A

N/A=data not available.

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Peppers, green, chilies, fresh, jalapeno, whole with stem	3 oz	6 oz
Onions, mature, fresh, all sizes, whole	1 lb 5 oz	2 lb 10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Recommend serving chicken enchilada sauce over steamed brown rice.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 20 lb 3 oz About 2 gal	About 40 lb 6 oz About 4 gal

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant



Creole Seasoning Blend

Makes about 12 oz (2 ½ cups 2 Tbsp)

Garlic, granulated	½ cup	Critical Control Point: No bare hand contact with ready to eat food. 1. Whisk all ingredients together in a large bowl. 2. Transfer to a plastic seasoning container and store in a cool, dry location until ready to use. <i>Note: Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely.</i>
Paprika	½ cup	
Smoked Paprika	½ cup	
Chili Powder	¼ cup	
Black Pepper, ground	¼ cup	
Cayenne Pepper	2 Tbsp 2 tsp	
Onion Powder	2 Tbsp	
Celery Salt	1 Tbsp 1 tsp	
Dry Mustard	1 Tbsp 1 tsp	
Thyme Leaves, dried	1 Tbsp 1 tsp	
Oregano Leaves, dried	1 Tbsp	