

Radical Rice & Bean Enchiladas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Rice, brown, dry	2 lbs.		4 lbs.	
Water		½ gallon		1 gallon
Kidney beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Black beans, canned, drained		¾ gallon + 1 cup		1 ½ gallons + 1 pint
Salsa, canned		1 gallon		2 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Combine rice and water. Cook uncovered in steamer for 20-25 minutes or until water is absorbed.
2. Meanwhile, heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
3. To assemble: Lay tortillas on parchment paper on work surface. Spread ¼ cup rice down center of each tortilla. Spread ½ cup of beans over rice. Spread ¼ cup salsa on beans.
5. Fold into envelope shape and place in 2 inch steam table pan either lined with parchment paper or sprayed.
6. Top each enchilada with remaining salsa.
7. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

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.

Each enchilada provides 2 meat/meat alternates, 2.5 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains) and 1/4 cup red/orange vegetable.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 398 Total Fat: 8g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 68g Fiber: 16g Total Sugar: 5g Protein: 16g Sodium: 700mg Vitamin A:
15µg Vitamin C: 2mg Calcium: 230mg Iron: 5mg Folate: 165µg

