

# Chicken Enchilada

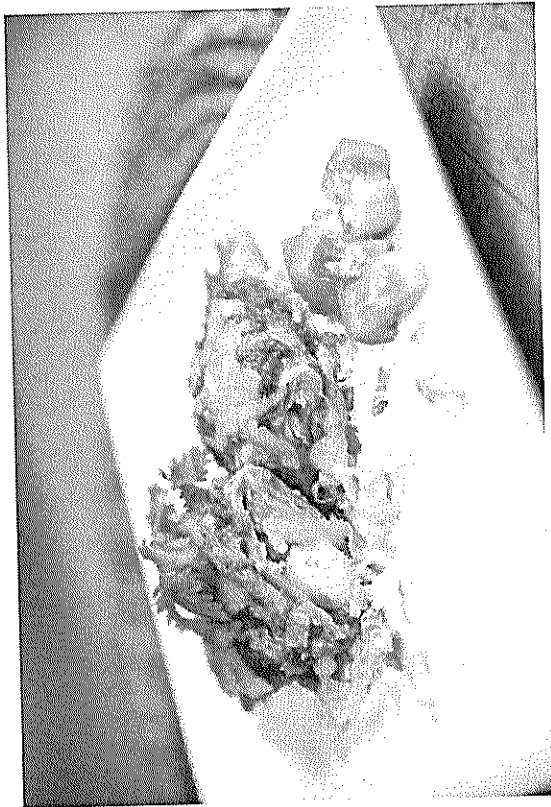
Flour tortillas overflowing with savory chicken, cheese, and zesty enchilada sauce. The house-made enchilada sauce adds an extra layer of deliciousness.

**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/ISBP 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"> <li>Sauté vegetables in oil for 3-4 minutes, just until vegetables begin to become translucent.</li> <li>Transfer vegetables to a food processor or blender.</li> <li>Add tomato sauce to puree.</li> <li>Return mixture to the saucepan.</li> <li>Add tomato paste, chicken broth, sugar, and seasonings.</li> </ol>
*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	<ol style="list-style-type: none"> <li>6. Prepare the filling by mixing the shredded or chopped chicken and cheese together in a bowl.</li> <li>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.</li> <li>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.</li> <li>9. Roll the tortilla to enclose the filling and place the enchilada into the pan, seam side down.</li> <li>10. Cover the tops of the enchiladas with the remaining sauce (3 ½ cups of sauce per pan).</li> <li>11. Sprinkle top with cheese.</li> <li>12. Bake uncovered for 30-35 minutes at 350 °F. <b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.</li> <li>13. Serve 1 enchilada with ½ cup cooked rice (No. 8 scoop).</li> </ol>
Chili powder	1 ¼ oz	½ cup	2 ½ oz	¾ 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		
Cheddar cheese, reduced fat, shredded	2 oz	½ cup	4 oz	1 cup	
Whole grain-rich flour tortillas		50 each		100 each	
Cheddar cheese, reduced fat, shredded	3 oz	¾ cup	6 oz	1 ½ cups	
Whole grain rice, cooked	10 lb	1 gal 2 qt	20 lb	2 gal 1 qt	





**CHICKEN ENCHILADA  
NUTRITION INFORMATION**

For 1 Enchilada

NUTRIENTS	AMOUNT
Calories	336
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	18 mg
Sodium	195 mg
<b>Total Carbohydrate</b>	<b>61 g</b>
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>15 g</b>
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	38 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

**\*MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Onions, mature, fresh	2 lb	4 lb
Bell pepper, green, fresh	1.7 lb	3.4 lb

**NOTES**

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

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

50 Servings	100 Servings
Filling: about 1.1 gal or 6 lb 5.8 oz	Filling: about 2.2 gal or 12 lb 10.4 oz
Sauce: about 1 gal or 9 lb 8 ½ oz	Sauce: about 2.1 gal or 18 lb 15 oz



