Radical Rice & Bean Enchiladas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process #2 – Same Day Service

YIELD:

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
<th>Measure</th>
<th>Weight</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tortilla, 10 inch, whole grain rich</td>
<td>50 each</td>
<td>100 each</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice, brown, dry</td>
<td>2 lb</td>
<td></td>
<td>4 lb</td>
<td></td>
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<tr>
<td>Water</td>
<td>½ gallon</td>
<td>1 gallon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kidney beans, canned, drained</td>
<td>8 lb 10 oz</td>
<td>2 - #10 can</td>
<td>17 lb 4 oz</td>
<td>4 - #10 can</td>
</tr>
<tr>
<td>Black beans, canned, drained</td>
<td>3 lb 9 oz</td>
<td>1 - #10 can</td>
<td>7 lb 1 oz</td>
<td>2 - #10 can</td>
</tr>
<tr>
<td>Salsa, canned</td>
<td>6 lb 10 oz</td>
<td>1-#10 can</td>
<td>13 lb 4 oz</td>
<td>2-#10 cans</td>
</tr>
</tbody>
</table>

**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. Hold cooked rice in warmer, covered.
3. Heat beans in steamer until internal temperature reach 145°F. Cover and hold in warmer.
4. 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 2 Tbsp 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 another 2 Tbsp 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 1/8 cup red/orange vegetable.

**Nutrition Information** *From USDA Nutrient Database

Calories: 395 Total Fat: 6g Saturated Fat: 2g Carbohydrate: 71g (15g fiber) Protein: 16g Sodium: 829mg