

Bean Enchilada Bake

Recipe Component Meat/Meat Alt and Grain

Recipe Category Main dish

KSU Developed

Ingredients	50 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low sodium OR Dry pinto beans, uncooked	14 lb 3 oz (undrained) OR 3 lb 11 oz (dry)	2.1 No. 10 cans OR 19 cups (drained) OR 8 ⅔ cups (dry)			<p>1. If using dry beans, prepare according to the directions at the end of this recipe.</p> <p>2. For both types of beans, rinse and drain.</p> <p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <p>3. Heat olive oil over medium heat. Add bell pepper and onion and sauté over medium heat for 5 minutes. Add garlic and beans, cook one minute.</p> <p>4. Stir in salsa, tomato sauce, stewed tomatoes, onion powder, garlic powder, and cumin.</p> <p>5. Bring mixture to a boil. Reduce heat; simmer, uncovered for 15 minutes.</p> <p>6. Spread 1/3 of bean mixture into baking dish coated with cooking spray. Top with ½ of the tortillas. Spread 1/3 bean mixture onto the tortillas. Sprinkle on ½ of the cheese. Layer with remaining tortillas and bean mixture.</p> <p>7. Cover and bake at 350 ° F for about 25 minutes.</p> <p>8. Uncover and sprinkle with remaining cheese. Bake 5-10 minutes until cheese is melted.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Continued</i></p>
Olive oil		3 Tbsp			
*Bell peppers, fresh, chopped, ¼-inch		3 ½ cups			
*Onion, raw, chopped, ¼-inch		3 ½ cups			
*Garlic, fresh, minced (adjust as needed)		9 cloves			
Salsa		6 cups			
Tomato sauce, no-added-salt	60 oz				
Stewed tomatoes, no added salt	30 oz				
Onion powder		1 ½ Tbsp			
Garlic powder		1 ½ Tbsp			
Cumin		1 ½ Tbsp			

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WGR tortillas	50 oz			Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F.
Cheddar cheese, reduced fat, shredded	1 lb 8 oz	6 cups		

Notes:

Nutrient Information in progress.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Bell Pepper	1 lb 8 oz	3 lb
Onion	1 lb 9 oz	3 lb 1oz

Serving: 2 oz meat, 1 oz grain equivalent
1-2 years: ½ serving
3-5 years: ¾ serving
6-18 years: 1 serving

Notes: How to Cook Dry Beans

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 135 °F or higher.

OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.