

RED GOLD® Enchilada Bowl

Recipe:	R-1687	HACCP Process:	Same Day Service		
# of Servings:	100.00	Serving Size:	1 Bowl	Source:	RED GOLD®
Grams Per Serving:	623.306	Ounces Per Serving:	21.986	Meal Components:	2 oz. eq. meat/meat alternate, 2 oz. eq. whole grain-rich, 1 cup red/orange vegetable, ½ cup legume

Ingredients	Measurements	Directions
USDA Chicken Strips, Unseasoned, Material #110462	15 LB + 10 OZ	<p>1. 2 Days Prior to Day of Service: Pre-Prep: Clean and sanitize prep area. Prep: Pull chicken strips from freezer. Wash hands thoroughly. Place pouches of chicken in a single layer on a sheet pan and date stamp. Place chicken in cooler on bottom shelf to thaw overnight.</p> <p>CCP: Hold below 41°F</p>
RED GOLD® Enchilada Sauce RED GOLD® Nutritionally Enhanced Chunky Salsa USDA Black Beans, L/S, Material # 100359	4 #10 CAN 4 #10 CAN 8 - #10 Cans	<p>2. Remaining Ingredients:</p>
USDA Brown Rice, Cooked, Material #101031 Pan Spray	6 GALLON + 1 QUART, 12 LB. + 8 oz. 1 OZ	<p>3. Day of Service: Clean and sanitize workstation. Pull Red Gold Enchilada sauce, Red Gold Salsa and black beans from dry storage. Wipe off lids, open and carefully discard lids. Drain black beans well. Pull 4 -4" full steamtable pans and place at workstation. Spray well. Wash hands thoroughly. Place 2 cans of enchilada sauce into 1 steamtable pans. Place 4 cans of drained black beans into each of 2 steamtable pans. Cover and hold.</p> <p>CCP: Prepare foods at room temperature in two hours or less.</p>
		<p>4. Prep: Cook 12 lb. plus 8 oz. of brown rice according to your recipe in 4 pans of 3 lb. plus 2 oz. rice each. Add 1 #10 can of salsa to each pan. Stir well.</p> <p>CCP: Heat until an internal temperature is reached of 140°F for 15 seconds</p>
		<p>5. Hold: Hold Spanish Rice in warmer above 135°F for service.</p> <p>CCP: Hold above 135°F</p>
		<p>6. Prep: pull thawed chicken strips from cooler and place at workstation. Wash hands thoroughly. Spray 5- 4" deep steamtable pans. Place 5 lb. + 2 oz. chicken strips into each pan. Add 4 cups to each pan. Divide remaining sauce between the 5 pans. Stir to mix and cover tightly. Wash hands thoroughly.</p>
		<p>7. Cook: Bake covered sauced chicken in oven for 20 minutes or until 165°F is reached.</p> <p>CCP: Heat until an internal temperature is reached of 165°F for 15 seconds</p>
		<p>8. Hold: place covered sauced chicken in warmer and hold above 135°F</p>

CCP: Hold above 135°F

CCP: Batch cook as necessary to insure best end product and nutritional.

9. Cook: Bake covered beans and enchilada sauce in 350°F oven for 20 minutes or until an internal temperature of 140°F is reached.

CCP: Heat until an internal temperature is reached of 140°F for 15 seconds

CCP: Batch cook as necessary to insure best end product and nutritional.

- 10 Hold: Place black beans and enchilada sauce in warmer and hold above 135°F.

CCP: Hold above 135°F

- 11 Serve: to assemble, place 1 cup of Spanish Rice using 1 - 8 oz. spoodle.
Top with ½ cup of black beans using 4 oz. spoodle.
Add sauced chicken strips to each bowl using 4 oz. spoodle (2.5 oz. chicken strips plus sauce).
Top with ¼ cup warm enchilada sauce using 2 oz. ladle.
Each Enchilada Bowl provides 2 oz. meat/meat alternative, 2 oz. eq. whole grain-rich, 1 cup red/orange vegetables and ½ legumes.
Each serving weighs 623.306 grams or 21.986 oz.

CCP: Hold above 135°F

Notes:

Production Notes: Red Gold Enchilada Sauce can be heated in a steamer or combi oven.
Each can of sauce provides 24 ½ cup servings of red/orange vegetables according to the FBG.
Product formulation statements can be found at <http://k12tomatoes.com/products.php#94>

Each can of Red Gold Nutritionally Enhanced Chunky Salsa provides 25 ½ cup servings by volume.
Each ½ cup of salsa provides 5/8 cup red/orange vegetables according to the FBG.
Product formulation statements can be found at <http://k12tomatoes.com/products.php#16>

Serving Notes: Each Enchilada Bowl provides 2 oz. meat/meat alternative, 2 oz. eq. whole grain-rich, 1 cup red/orange vegetables and ½ legumes.
Each serving weighs 623.306 grams or 21.986 oz.

Nutrients Per Serving: (per 1 Bowl)

Calories	485.021	Trans Fat (gm)	0.000	Iron (mg)	4.553*
Protein (gm)	27.119	Chol (mg)	46.000	Calc (mg)	142.545*
Carb (gm)	79.061	Vit A (IU)	2419.512*	Sodium (mg)	868.182
Tot Fat (gm)	6.308	Vit C (mg)	34.582*	Fiber (gm)	18.255
Sat Fat (gm)	2.096			Sugars (gm)	8.035*

Note: * means nutrient data is missing or not available.

Meal Components: (per 1 Bowl)

Fruit (Cups)	Dark Green	Red/Orange	1.000	Beans/Peas	0.500	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:

No Listed Allergens