RECIPE NAME: Layered Enchilada Bake						File Category: Main Dish		
Grade Group: K-12						HACCP Process:		
Number of Portions: 45						#1 No Cook		
Portion Size: 1 each						#2 Cook & Serve Same Day		
Serving Utensil:						#3 Includes Cooling Step		
Servings per Pan:								
Ingredients:		Weight:		Measure: Proced		Procedu	re:	
Olive oil				1/2 cup 1. Pr		1. Prehea	heat oven to 350°F.	
Yellow onion, diced				5 cups		2. In a lar	2. In a large stock pot, heat oil on medium high heat. Cook onions,	
Mushrooms, fresh, sliced				2.5 cups		green peppers and mushrooms until softened - about 4 minutes.		
Green peppers, diced				2.5 cups		3. Add bison and cook, stirring well to break up the meat.		
Tomatoes, canned, diced		75 ounces			4. Add tomatoes and sp		omatoes and spices and cook for 2 more minutes	
Black beans, canned		75 ounces				5. Add beans. Stir to combine		
Chili powder				1.5 Tbsp.		6. Tear to	6. Tear tortillas into bite-size pieces.	
Garlic powder				2.5 tsp.		7. In a large baking pan, layer half of the tortillas, half of filling, and		
Salt				2.5 tsp.		half of cheese. Repeat layers, ending with cheese.		
Corn tortillas				40		8. Bake uncovered for 20 minutes.		
Cheese, low fat, shredded		20 ounces						
Bison, ground		5 pounds						
Total Yield: portio	Number of Pans:					Equipment (if not specified in the procedures above):		
Weight:	Measure (volu	me): Pan Size:						
Meal Component C	<u> </u> Contribution Ba	sed on Po	rtion Size				Nutrient Analysis Based on Portion Size	
Meat/Meat Alterna	2.2 oz eq					Calories: 222		
Vegetable Subgroups		DG	B/P	R/O	S	0	Saturated Fat (g): 3.9	
1/2 cup total			1/8	1/8		1/4	Sodium (mg): 200	
Fruits	-		•	•	•	•		
Grains		1.2 oz. eq						
DG= Dark Green B/P= B	eans/Peas (Legum	es) R/O=Red	/Orange S=St	archy O=Other	,			



