

ENCHILADAS (GROUND BEEF)

Yield 100

Portion 2 Enchiladas

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 440 cal | 34 g | 27 g | 22 g | 83 mg | 690 mg | 246 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|-------------------------------|----------------------|-----------------------|---------------------|
| FLOUR,WHEAT,GENERAL PURPOSE | 1-1/4 lbs | 1 qts 1/2 cup | |
| SHORTENING | 1 lbs | 2-1/4 cup | |
| TOMATO PASTE,CANNED | 2-1/4 lbs | 3-7/8 cup | |
| CHILI POWDER,DARK,GROUND | 4-1/2 oz | 1 cup | |
| CUMIN,GROUND | 1 oz | 1/4 cup 2/3 tbsp | |
| BEEF BROTH | | 2 qts 1-1/4 cup | |
| PEPPER,BLACK,GROUND | <1/16th oz | 1/8 tsp | |
| BEEF,GROUND,BULK,RAW,90% LEAN | 18 lbs | | |
| ONIONS,FRESH,CHOPPED | 2-1/2 lbs | 1 qts 3-1/8 cup | 2-3/4 lbs |
| CHILI POWDER,DARK,GROUND | 4-1/4 oz | 1 cup | |
| SALT | 1-7/8 oz | 3 tbsp | |
| PEPPER,RED,GROUND | 1/2 oz | 2-2/3 tbsp | |
| GARLIC POWDER | 1/3 oz | 1 tbsp | |
| TORTILLAS,CORN,6 INCH | 11-1/2 lbs | 200 each | |
| CHEESE,CHEDDAR,SHREDDED | 4 lbs | 1 gal | |
| ONIONS,FRESH,CHOPPED | 1-7/8 lbs | 1 qts 1-3/8 cup | 2-1/8 lbs |

Method

- 1 Blend together melted shortening or salad oil and sifted general purpose flour until smooth. Cook at low heat 2 minutes. Add canned tomato paste, chili powder, ground cumin; blend well.
- 2 Prepare beef broth following package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly. Add pepper. Stir to blend.
- 3 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add 2 quarts gravy, onions, chili powder, salt, red pepper, and garlic powder to beef. Blend well. CCP: Hold at 140 F. or higher for use in Step 7. Spread 2 cups gravy in each pan.
- 5 Wrap tortillas in foil; place in 150 F. oven or in a warmer for 15 minutes or until warm and pliable.
- 6 Place 3 tablespoons meat filling in center of each tortilla. Roll tightly around filling; place seam-side down in pan, 50 per pan.
- 7 Pour 1-1/4 quarts gravy evenly over enchiladas in each pan.
- 8 Using a convection oven, bake 18-20 minutes in 325 F. oven or until thoroughly heated. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Remove from oven.
- 9 Sprinkle 1 quart cheese and 1-1/3 cups onions over enchiladas in each pan.
- 10 Heat in oven 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher for 15 seconds.