

Enchilada Casserole

Recipe Component Meat

Recipe Category Main dish

Recipe # ACD Pintrest

Ingredients	50 serving		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, no more than 10% fat	6 lb 8 oz				<ol style="list-style-type: none"> 1. Cook ground beef, green paper, and onion over medium heat. Add garlic and cook one minute. Drain. 2. Stir in the beans, salsa, tomato sauce, stewed tomatoes, onion powder, garlic powder, and cumin. 3. Bring mixture to a boil. Reduce heat; simmer, uncovered for 15 minutes. 4. Spread 1/3 of meat sauce into baking dish coated with cooking spray. Top with 1/2 of the tortillas. Spread 1/3 meat sauce onto the tortillas. Sprinkle on 1/2 of the cheese. Layer with remaining tortillas and meat sauce. 5. Cover and bake at 350 ° F for about 25 minutes. 6. Uncover and sprinkle with remaining cheese. Bake 5-10 minutes until cheese is melted and reaches an internal temperature of 165 ° F in center of casserole.
Bell peppers, chopped, 1/4-inch		3 1/2 cups			
Onion, chopped, 1/4-inch		3 1/2 cups			
Garlic, minced (adjust as needed)		9 cloves			
Salsa		6 cups			
No-added-salt tomato sauce	60 oz				
Stewed tomatoes	30 oz				
Onion powder		1 Tbsp			
Garlic powder (opt)		1 Tbsp			
Cumin		1 Tbsp			
WGR tortillas	50 oz				
Shredded cheddar cheese preferably reduced fat		6 cups			

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Notes:

Nutrient Information in progress.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 2 oz meat, 1 oz grain equivalent

1-2 years: 1 oz

3-5 years: 1 ½ oz

6-18 years: 2 oz

Nutrients Per Serving

Calories

Protein

Carbohydrate

Total Fat

Saturated Fat

Cholesterol

Vitamin A

Vitamin C

Iron

Calcium

Sodium

Dietary Fiber