

Sour Cream Enchiladas - CACFP

General Information

Recipe #	Category	Source
2013967	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	8 ¼ oz.	
Onions, raw	1 tbsp., 2 ⅞ tsp. chopped	
Garlic, raw	⅝ tsp.	
Tomatoes, red, ripe, raw, year round average	1 tbsp., 2 ⅞ tsp. chopped or sliced	
Seasoning mix, dry, taco, original	¼ tsp.	
Soup, cream of mushroom, canned, condensed	1 ⅓ oz.	
Cheese, cheddar, nonfat or fat free	1 ½ oz.	
Tortilla, Whole Wheat, 9", 12/12ct, 17.7#, 2WG, Catallia, 40029	3 tortilla	
Soup, cream of mushroom, canned, condensed	1 ⅓ oz.	
Sour cream, light	1 tbsp., 2 ⅞ tsp.	
Peppers, chili, green, canned	1 tbsp.	
Beverages, water, tap, municipal	1 tbsp., 2 ⅞ tsp.	
Soup, chicken broth or bouillon, dry	⅜ tsp.	
Spices, pepper, black	⅛ tsp. ground	
Cheese, cheddar, nonfat or fat free	1 oz.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

- For filling: In a large pot, saute onions and garlic. Add chicken, diced tomatoes, cream of mushroom soup (10.5 oz) and taco seasoning. Heat until 165 degrees F.
- Wrap approximately 1/3 cup chicken and 2 Tbsp of cheese in each tortilla. Place filled tortillas side by side on sprayed sheet pan, or 18x13 inch pan.
- For the sauce: Combine 10.5 oz of cream of mushroom soup, sour cream, green chiles, chicken base, pepper, and water.
- Spoon the soup mixture over the enchiladas. Spread remaining cheese evenly over each pan. Cook at 350 degrees F for 30 minutes or until the internal temperature reaches 165 degrees F. Cut in half and hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.



Sour Cream Enchiladas - CACFP

Serving Size	Yield
1/2 Cup	6.00

Nutrition Facts

Serving Size 1/2 Cup (107 gm)		
Amount Per Serving		
Calories		161.359
		% Daily Value*
Total Fat	4.658 gm	7.166%
Saturated Fat	1.585 gm	7.925%
Trans Fat	0.003* gm	
Cholesterol	26.401 mg	8.8%
Sodium	407.363 mg	16.973%
Total Carbohydrate	14.576 gm	4.859%
Dietary Fiber	1.737 gm	6.947%
Total Sugars	0.822* gm	
Includes 0.000 * gm of Added Sugars		
Protein	14.875 gm	29.749%
Vitamin A	12.276* mcg RAE	1.364%
Vitamin C	1.321* mg	2.201%
Vitamin D	0.043* mcg	0.216%
Calcium	126.358 mg	12.636%
Iron	1.036 mg	5.757%
Potassium	356.216 mg	7.579%
Saturated Fat % of Calories		8.840 %
Added Sugar % of Calories		0.000 %
* Indicates missing Nutrient Information.		
^ Indicates user added nutrient.		

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Grains

1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Catallia Premium Tortillas 🇲🇽

Tyson Foods, Inc. 🇺🇸

Dates

Last Updated
01-06-2026

Created
11-04-2025

Edit Recipe