

# Sour Cream Enchiladas - NSLP

## General Information

Recipe #	Category	Source
2013968	Lunch Entree 	Local

## Ingredients

Name	Quantity	Quantity + 2
Chicken Diced, 1/2", White Meat, Low Sodium, 2M, 59/2.7oz, 10#, Tyson, 10241600928	17 lbs.	
Onions, raw	1 qt. chopped	
Garlic, raw	1/3 c., 2 tsp.	
Tomatoes, red, ripe, raw, year round average	1 qt. chopped or sliced	
Seasoning mix, dry, taco, original	2 tbsp., 2 tsp.	
Soup, cream of mushroom, canned, condensed	2 lbs., 10 oz.	
Cheese, cheddar, nonfat or fat free	3 lbs., 2 oz.	
Tortilla, Whole Wheat, 9", 12/12ct, 17.7#, 2WG, Catallia, 40029	100 tortilla	
Soup, cream of mushroom, canned, condensed	2 lbs., 10 oz.	
Sour cream, light	1 qt.	
Peppers, chili, green, canned	1 pt.	
Beverages, water, tap, municipal	1 qt.	
Soup, chicken broth or bouillon, dry	1/4 c.	
Spices, pepper, black	1 tbsp., 1 tsp. ground	
Cheese, cheddar, nonfat or fat free	2 lbs.	

## 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. 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.



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Serving Size	Yield
1 Cup	100.00

## Nutrition Facts

Serving Size 1 Cup (215 gm)		
Amount Per Serving		
Calories		322.718
		% Daily Value*
Total Fat	9.315 gm	14.331%
Saturated Fat	3.170 gm	15.849%
Trans Fat	0.005* gm	
Cholesterol	52.803 mg	17.601%
Sodium	814.726 mg	33.947%
Total Carbohydrate	29.151 gm	9.717%
Dietary Fiber	3.473 gm	13.894%
Total Sugars	1.645* gm	
Includes 0.000 * gm of Added Sugars		
Protein	29.749 gm	59.499%
Vitamin A	24.552* mcg RAE	2.728%
Vitamin C	2.642* mg	4.403%
Vitamin D	0.086* mcg	0.431%
Calcium	252.715 mg	25.272%
Iron	2.073 mg	11.514%
Potassium	712.431 mg	15.158%
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	2 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.

Grains2 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Catallia Premium Tortillas 🇲🇽

Tyson Foods, Inc. 🇺🇸

Dates

Last Updated	Created
11-04-2025	11-04-2025

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