



## Three Sisters Enchilada Casserole

Recipe Description: These enchiladas feature fresh Indigenous winter squash as the star ingredient. Sweet white corn and black beans surround the Indigenous winter squash to round out the three sisters. The casserole is served with a tasty green tomatillo sauce, for added Southwest flair.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Arizona Department of Education*

**Preparation Time:** 60 minutes

**Cook Time:** 2 hours 18 minutes

### **NSLP/SBP crediting information:**

Beans credited as meat/meat alternate: 1 piece provides 1 cup total vegetable (1/4 cup additional vegetable, 3/8 cup red/orange vegetable, 3/8 cup other vegetable), 1.75 oz eq meat/meat alternate and 1.75 oz eq grain

Beans credited as vegetable: 1 piece provides 1-1/4 cup total vegetable (1/4 cup additional vegetable, 1/4 cup legume vegetable, 3/8 cup red/orange vegetable, 3/8 cup other vegetable), 0.75 oz eq meat/meat alternate and 1.75 oz eq grain

INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1. Preheat oven to 350°F.
Indigenous squash, winter, fresh, whole*	26 lb 8 oz			44 lb	2. Prepare roasted squash: Peel and cube fresh squash to ½” size.
Vegetable oil		1 cup 5 Tbsp		2 cups 3 Tbsp	3. Toss squash, vegetable oil and black pepper in a large bowl.
Black pepper, ground		3 tsp		5 tsp	4. Line sheet pan (18” x 26” x 1”) with a layer of parchment paper. Spray lightly with pan release spray. Add squash to pan and spread evenly.  For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					5. Bake at 350°F for 15 minutes. Or until squash is soft and begins to brown.
					6. Transfer squash to steam table.
					7. Critical Control Point: Hold for hot service at 135°F or higher.
					8. Set aside for step 16.
Yellow onion, mature, fresh, diced, ready to use*	3 lb 12 oz	3 qt	6 lb	5 qt	9. Prepare tomatillo sauce: Toss diced onion, garlic and vegetable oil in large bowl.
Garlic, chopped*	6 oz	1 cup 1 Tbsp	10 oz	2 cups 1 Tbsp	10. Line sheet pan (18” x 26” x 1”) with a layer of parchment paper. Spray lightly with pan release spray. Add onion mixture to pan and spread evenly.  For 50 servings, use 1 pan. For 100 servings, use 2 pans.



INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable oil		3 Tbsp 1 ½ tsp		5 Tbsp 2 ½ tsp	<b>11.</b> Bake at 350°F for 18 minutes. Rotate once after 9 minutes.
Tomatillos, canned, whole	7 lb 2 oz	3 qt ¾ cups	13 lb 12 oz	2 gal 2 cups	<b>12.</b> Add roasted onion and garlic mixture, tomatillos, chipotle adobo peppers, cilantro and water to the blender. Secure the lid and blend until smooth, about 1 minute.
Chipotle adobo peppers, canned*	3 oz	6 Tbsp	5 oz	1 cup	<b>13.</b> Critical Control Point: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
Cilantro, fresh, chopped*	3 oz		5 oz		<b>14.</b> Set tomatillo sauce aside for step 32. For 50 servings, 7 ½ cups For 100 servings, 12 ½ cups
Water		2 qt		4 qt	<b>15.</b> Set aside remaining tomatillo sauce for Step 20.
Yellow onion, mature, fresh, diced, ready to use*	3 lb 12 oz	3 qt	6 lb	5 qt	<b>16.</b> Prepare filling: Toss roasted squash, onion, garlic, beans, corn, green chilies and vegetable oil in a large bowl.
Garlic, raw, minced*	6 oz		10 oz		<b>17.</b> Set aside for step 20.
Black beans, low-sodium, canned, drained*	7 lb 4 oz	3 qt ¾ cups	12 lb 8 oz	6 qt ½ cup	
Corn, no salt added, canned, drained*	1 lb 12 oz	1 ½ qt 1 ½ cups	3 lb 5 oz	3 qt ½ cup	
Green chilies, chopped, canned*	3 lb	1 ½ qt 1 ½ cups	5 lb	3 qt ½ cup	
Vegetable oil		3 Tbsp 1 ½ tsp		5 Tbsp 2 ½ tsp	
					<b>18.</b> Preheat oven to 350°F.



INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>19.</b> Assemble casserole in a steam table pan (12" x 20" x 2½") lightly coated with pan release spray.</p> <p>For 50 servings, use 3 pans.</p> <p>For 100 servings, use 5 pans.</p>
Corn tortillas, 6"		120 each (26g each)		200 each (26g each)	<p><b>20.</b> First layer:</p> <ul style="list-style-type: none"> <li>a. 1 ½ cups tomatillo sauce.</li> <li>b. 10 tortillas, slightly overlapping.</li> <li>c. 6 cups of the vegetable mixture, evenly spread.</li> </ul>
					<b>21.</b> Second layer: Repeat step 20.
					<b>22.</b> Third layer: Repeat step 20.
					<b>23.</b> Fourth layer: Repeat step 20.
					<b>24.</b> Tightly cover pans.
					<b>25.</b> Bake at 350°F for 80 minutes.
Cheddar cheese, yellow, shredded*	3 lb	3 qt	5 lb	5 qt	<p><b>26.</b> Remove from oven. Uncover, top each casserole with 1 lb cheese.</p>
					<b>27.</b> Bake an additional 15 minutes uncovered.
					<b>28.</b> Critical Control Point: Heat to 135°F or higher for at least 15 seconds.
					<b>29.</b> Remove from oven. Allow to set for 15 minutes before serving.
					<b>30.</b> Critical Control Point: Hold at 135°F or higher.



INGREDIENTS	60 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>31.</b> Cut each pan 5 x 4 (20 pieces per pan). Serve 1 piece (3" x 4" piece).
					<b>32.</b> Add 2 Tbsp tomatillo sauce to each serving.

**NUTRITION INFORMATION**

For Three Sisters Enchilada Casserole (3" x 4" piece)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>425</b>
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<b>Total Fat</b>	<b>16 g</b>
Saturated Fat	7 g
Cholesterol	24 mg
<b>Sodium</b>	<b>313 mg</b>
<b>Total Carbohydrate</b>	<b>60 g</b>
Dietary Fiber	10 g
Total Sugars	5 g
Added Sugars included	N/A g
<b>Protein</b>	<b>15 g</b>
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Vitamin A	N/A mcg RAE
Vitamin C	31 mg
Vitamin D	N/A IU
Calcium	109mg
Iron	3 mg
Potassium	N/A mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	60 Servings	100 Servings
Cilantro	4 oz	6 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking Process #3: Complex Food Prep
*Varieties of Indigenous Orange-Flesh Winter Squash include: Corrizo Butternut, Mayo Kamo Butternut, Heirloom Waltham Butternut, Navajo Hubbard, Cushaw (aka Tohono O'odham Squash), Hopi Orange Winter Squash, or Magdalena Cheese Pumpkin

YIELD/VOLUME	
50 Servings	100 Servings
3 steam table pans (12" x 20" x 2½")	5 steam table pans (12" x 20" x 2½")

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

