

Beef Enchiladas with Mexican Black Beans - 1885

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	65.02 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	6 1/4 tbsp	0 lb 2.98 oz	0%	0 lb 2.98 oz	Olive oil, extra virgin
	~ 1 1/2 cup	0 lb 6.95 oz	0%	0 lb 6.95 oz	Onions, raw, diced
		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Beef™
		0 lb 12.50 oz	0%	0 lb 12.50 oz	PACE, Diced Green Chilies
	6 1/4 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz	Red pepper flakes
	12 1/2 tsp	0 lb 0.87 oz	0%	0 lb 0.87 oz	Spices, cumin, ground
	6 1/4 tsp	0 lb 0.39 oz	0%	0 lb 0.39 oz	Spices, pepper, chipotle, ground
	~ 1 5/8 qt	3 lb 2.00 oz	0%	3 lb 2.00 oz	Sauce, enchilada, red, mild, ready to serve
	~ 1 5/8 qt	1 lb 8.69 oz	0%	1 lb 8.69 oz	Vegan cheddar cheese, shredded
	50.0 ea	73 lb 7.00 oz	0%	73 lb 7.00 oz	Tortillas, corn, 6"

ENCHILADAS

1. Pre-heat oven to 350 degrees.
2. Add 2 tablespoons of oil into a medium-sized skillet on medium-high heat. Add onions, and cook for 2 minutes. Next, add Hungry Planet Ground Beef, green chiles, cumin, and chipotle seasoning. Break up meat into small pieces with a spoon or spatula and cook for 4 to 6 minutes, or until meat starts to brown, and temperature reaches 165 degrees. Remove from heat and set aside.
3. Pour 2 oz of Enchilada Sauce into the bottom of a shallow casserole dish. Spread out 8 corn tortillas, and spoon equal portions of beef mixture into each. Roll each tortilla up, place seam side down in a casserole dish. Sprinkle top of tortillas with vegan cheddar, and the rest of the enchilada sauce. Cover, and cook in the oven for 25-30 minutes.

2 BLACK BEANS

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	6 1/4 tbsp	0 lb 2.98 oz	0%	0 lb 2.98 oz	Olive oil, extra virgin
	~ 1 1/2 pt	0 lb 13.91 oz	0%	0 lb 13.91 oz	Onion, diced
	~ 1/3 cup	0 lb 1.98 oz	0%	0 lb 1.98 oz	Garlic, raw, chopped
	1.932 gal	11 lb 11.50 oz	0%	11 lb 11.50 oz	Black beans, cooked
	6 1/4 tsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Spices, cumin seed
	12 1/2 tsp	0 lb 0.79 oz	0%	0 lb 0.79 oz	Spices, pepper, chipotle, ground
	12 1/2 tsp	0 lb 1.22 oz	0%	0 lb 1.22 oz	Salt, kosher, Diamond Crystal
	3 1/8 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Spices, black pepper, ground
	~ 2 pt	1 lb 2.75 oz	0%	1 lb 2.75 oz	Peppers, chili, green, canned
	~ 1 5/8 qt	3 lb 0.72 oz	0%	3 lb 0.72 oz	Vegetable broth
	6 1/4 tbsp	0 lb 0.22 oz	0%	0 lb 0.22 oz	Cilantro, fresh, chopped

BLACK BEANS

4. To make the black beans, add 1 tablespoon of olive into a small pot, add onions and garlic and cook for 2 minutes on medium heat. Next, add black beans, cumin seeds, chipotle powder, salt, pepper, chiles, and vegetable broth. Cover, and simmer on low for 20 minutes. After 20 minutes, remove from heat and stir in fresh cilantro.
5. Serve enchiladas, on a plate with black beans, and your favorite condiments likes salsa, vegan sour cream or fresh salsa.

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	101 lb 9.49 oz	0 %	101 lb 9.49 oz	0 %	101 lb 9.49 oz
Size of portion	65.02 oz		65.02 oz		65.02 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI	Vitamins	
Total fat	3.02 g	14.10 %	4 %	189.38 kcal	9 %	Salt	0.27 g	5 %		
Saturated	0.71 g	3.33 %	4 %	792.36 kJ		Salt	0.27 %		Vitamin A	2.79 µg
Monounsaturated	0.79 g	3.67 %		0.79 MJ		Sodium	106.93 mg		Vitamin D	0.00 µg
Polyunsaturated	1.10 g	5.15 %				Phosphorus	246.18 mg		Thiamine	0.09 mg
Trans	0.00 g	0.00 %				Potassium	222.04 mg		Riboflavin	0.06 mg
Cholesterol	0.00 mg					Iron	1.46 mg		Niacin	1.18 mg
Linolenic acid	1.07 g					Calcium	72.95 mg		Vitamin B6	0.18 mg
Alpha-linolenic acid	0.92 mg					Zinc	1.05 mg		Vitamin B12	0.04 µg
Total Carbohydrate	36.29 g	77.86 %	14 %			Magnesium	58.52 mg		Folate	0.00 µg
Sugars	0.85 g	-0.11 %	1 %			Iodine	0.00 µg		Vitamin C	0.69 mg
Sugar	0.00 g					Selenium	4.60 µg		Vitamin E	0.40 mg
Lactose	0.00 g					Copper	0.14 mg		Vitamin K	0.82 µg
Fiber	6.00 g	6.06 %								
Organic acids	0.00 g	0.00 %							Others	
Sugar alcohol	0.00 g	0.00 %							Water	49.55 g
Starch	0.07 g	0.14 %								
Protein	6.06 g	13.00 %	12 %							
Alcohol	0.00 g	0.00 %								

CO2



0.02 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.