

# One Skillet Mexican Pizza

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.37 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	8 1/3 tbsp	0 lb 4.01 oz	0%	0 lb 4.01 oz	Vegetable oil	<b>TOAST THE TORTILLAS</b> Preheat oven to 400F. In a large, oven-safe skillet, heat 1 tablespoon of vegetable oil over medium-high heat. When very hot, press 3 tortillas on the skillet with a spatula. Toast briefly until golden brown. Flip and repeat with the other side. Transfer to a plate. Add another tablespoon of oil and toast the next 3 tortillas. Repeat for all tortillas.
	25.0 ea	2 lb 2.39 oz	0%	2 lb 2.39 oz	Flour tortilla, 6"	
<b>2</b>	8 1/3 tbsp	0 lb 4.01 oz	0%	0 lb 4.01 oz	Vegetable oil	<b>COOK THE BEEF</b> Heat the second amount of oil in the skillet and add the ground beef. Break up with a spatula and cook until lightly browned. Add the taco seasoning packet, the water, and the vinegar. Cook, stirring frequently, until the ground beef mixture is thickened. Transfer to a bowl and set aside to cool.
		3 lb 2.00 oz	0%	3 lb 2.00 oz	Hungry Planet Beef™	
	1 1/4 pt	0 lb 4.17 oz	0%	0 lb 4.17 oz	Seasoning mix, dry, taco, original <i>1 packet per 12 oz Beef</i>	
	~ 3 cup	1 lb 6.97 oz	0%	1 lb 6.97 oz	Beverages, water, tap, drinking	
	~ 4 1/4 tbsp	0 lb 2.19 oz	0%	0 lb 2.19 oz	Vinegar, white	
<b>3</b>	~ 1 7/8 qt	3 lb 14.50 oz	0%	3 lb 14.50 oz	Refried beans, canned, vegetarian	<b>PREPARE THE REST OF THE INGREDIENTS</b> Add the refried beans to a microwave-safe bowl with 2 tablespoons of water per 15 oz of beans. Microwave on high power until warmed. Remove and stir. Slice the toppings as needed. Arrange the tortillas, beef, beans, enchilada sauce, cheese, and toppings for assembly.
	1 1/3 qt	2 lb 9.67 oz	0%	2 lb 9.67 oz	Sauce, enchilada, red, mild, ready to serve	
	2 1/8 qt	2 lb 1.33 oz	0%	2 lb 1.33 oz	Vegan cheese, shredded <i>E.g. Daiya Mexican 4 Cheeze Style Blend</i>	

<b>4</b>	Capacity measure	EP Trim loss	AP Name of ingredient	<p><b>ASSEMBLE THE PIZZAS</b></p> <p>Wipe the skillet clean and place 3 tortillas on the cooled surface. Spread a dollop of refried beans on each tortilla, followed by a few tablespoons of the seasoned beef.</p>
<b>5</b>	Capacity measure	EP Trim loss	AP Name of ingredient	<p>Place a tortilla over the beef. Spread enchilada sauce over the top tortilla and sprinkle some cheese. Place the skillet into the preheated oven until the pizzas are heated through and the cheese is melted. Repeat as necessary until all pizzas are cooked.</p>
<b>6</b>	Capacity measure	EP Trim loss	AP Name of ingredient	<p>Allow the Mexican pizzas to cool slightly, then slice, top with your favorite toppings, and serve. Topping ideas: diced tomatoes, shredded lettuce, sliced green onions, pickled jalapeños, vegan sour cream.</p>

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 3.23 oz	0 %	16 lb 3.23 oz	0 %	16 lb 3.23 oz
Size of portion	10.37 oz		10.37 oz		10.37 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
<b>Total fat</b>	<b>7.99 g</b>	<b>43.99 %</b>	160.58 kcal 671.86 kJ 0.67 MJ	Salt	1.20 g		
Saturated	3.14 g	17.31 %		Salt	1.20 %		Vitamins
Monounsaturated	2.52 g	13.89 %	Sodium	478.20 mg		Vitamin A	5.79 µg
Polyunsaturated	1.31 g	7.23 %	Phosphorus	57.55 mg		Vitamin D	0.00 µg
Trans	0.01 g	0.08 %	Potassium	248.64 mg		Thiamine	0.08 mg
Cholesterol	0.00 mg		Iron	1.63 mg		Riboflavin	0.03 mg
Linolenic acid	0.93 g		Calcium	56.39 mg		Niacin	0.71 mg
Alpha-linolenic acid	329.43 mg		Zinc	0.27 mg		Vitamin B6	0.04 mg
<b>Total Carbohydrate</b>	<b>15.62 g</b>	<b>39.53 %</b>	Magnesium	13.01 mg		Vitamin B12	0.32 µg
Sugars	0.96 g	-0.14 %	Iodine	0.00 µg		Folate	13.27 µg
Sugar	0.00 g		Selenium	4.32 µg		Vitamin C	0.05 mg
Lactose	0.00 g		Copper	0.06 mg		Vitamin E	0.79 mg
Fiber	3.29 g	3.92 %				Vitamin K	3.21 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	7.76 g	19.63 %				Water	47.70 g
Protein	6.37 g	16.11 %					
Alcohol	0.00 g	0.00 %					