

# Chilaquiles Main Dish

**Serving Size** 1 Square

## Ingredients

	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil	--	2 tbsp	--	¼ cup
Sweet red or green peppers, diced	2 lbs	2 qts	4 lbs	1 gallon
Yellow or white onion, diced	2 lbs	2 qts	4 lbs	1 gallon
Zucchini, diced	2 lbs	2 qts	4 lbs	1 gallon
Fresh garlic, minced	--	¼ cup	--	½ cup
Black beans, rinsed, drained	--	1 #10 can (3 qts)	--	2 #10 cans (6 qts)
Chicken meat, cooked, diced or shredded	4 lbs	--	8 lbs	--
Canned green chilies	--	2 cups	--	4 cups
Whole grain corn tortilla chips	96 oz	--	192 oz	--
Enchilada sauce, red or green	--	2 ½ qts	--	1 gallon 1 qt
Fresh tomatoes, diced	2 lbs	2 qts	4 lbs	4 qts
Monterey jack cheese, shredded	3 lbs	3 qts	6 lbs	1 ½ gallons

## Directions

In a large stockpot heat the vegetable oil over medium heat and sauté the sweet peppers, onion, zucchini and garlic until tender, about 10 minutes. Stir in the black beans, chicken and diced green chilies.

Place the whole grain tortilla chips in a large bowl. Pour the enchilada sauce over the tortilla chips. Toss to thoroughly coat the chips with enchilada sauce.

Spray full-size 4-inch steamtable pans with pan-release spray. For 48 servings use 2 pans, for 96 servings use 4 pans. Divide half of the tortilla chips evenly between each pan and spread out to cover the bottom of the pans. Divide half of the bean mixture evenly between the pans, spooning evenly over the tortilla chips. Top with half of the diced tomatoes and half of the cheese, dividing evenly between the pans. Repeat the layers.

Bake uncovered in a pre-heated 350°F oven until the cheese is melted and the internal temperature reaches 165°F for 15 seconds, about 45 minutes. Cool 10 to 15 minutes then cut each pan 6 x 4 into 24 squares each.

Serve 1 square per portion.



## Components

**Meat/Meat ALT** 2 oz eq     **Grain** 2 oz eq  
**Vegetable** ½ cup (⅓ legume, ⅓ red/orange, ⅓ other)

## Nutrients Per Serving

<b>Calories</b> 540	<b>Cholesterol</b> 54.16 mg	<b>Protein</b> 23.5 g	<b>Calcium</b> 232.99 mg
<b>Total Fat</b> 22.89 g	<b>Carbohydrate</b> 57.07 g	<b>Sodium</b> 820.71 mg	<b>Vitamin A</b> 2200.24 IU
<b>Saturated Fat</b> 7.53 g	<b>Dietary Fiber</b> 8.33 g	<b>Iron</b> 3.34 mg	<b>Vitamin C</b> 60.74 mg

**BEANS: Simply Delicious, Naturally Nutritious**  
 Find more delicious bean recipes at [BeanInstitute.com](http://BeanInstitute.com)

