

Three Sisters Southwest Bake

Makes: 50 servings

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Ingredients	Weight	Measure
Butternut squash	58.2 oz	8 1/3 cup
Pinto beans	75 oz	12 1/2 cup
Spinach, frozen	25 oz	6 1/4 cup
Yellow onion	16.6 oz	
Garlic, whole, peeled, minced		6 cloves + 1/4 tsp
6 inch tortillas of white corn tortillas, 6 inch round pieces	75 oz	75 tortillas
Spaghetti Sauce	3045 g	100 fl oz
Enchilada sauce	1015 g	33.3 fl oz
Salsa, canned	1032 g	33.3 fl oz
Mozzarella cheese, low fat, shredded	50 oz	12 1/2 cup
Mozzarella cheese, low moisture part skim shredded	16.6 oz	4 1/4 cup
Salt, kosher	18.7 g	3 tsp
Oregano	4.2 g	4 tsp

Oil	99 g	7 1/3 Tbsp
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Directions

1. Preparation for butternut squash: Cut in half lengthwise, scoop out seeds and discard. Place squash cut side down in hotel pan w/ 1/2 inch of water. Roast at 400°F for approximately 1 hr until soft. Scoop meat into bowl, discard skin.
2. Drain pinto beans in colander and rinse. Mix or mash half the beans and combine with salt. Set aside.
3. Mix squash with beans and cinnamon in mixer with paddle attachment until combined. Set aside.
4. Thaw spinach. Drain, press to remove water from spinach, and chop fine. Set aside.
5. Dice onion into small pieces. Chop garlic.
6. Thaw cheeses if frozen. Measure 16 oz low-fat for two layers (8 oz each layer) and 8 oz LF for top per pan. Thaw 8 oz part skim per pan. Combine 8 oz LF with 8 oz PS for top layer only. This will help prevent excessive browning of top layer, as low-fat mozzarella tends to brown easily.
7. Preheat oven to 350°F. For 50 servings: Lightly coat 2.5" full hotel pans with 1.5 T oil.
8. Heat remaining oil in tilt skillet over medium-high heat. Add onion and garlic and cook, stirring often, until it starts to turn golden (about 5 minutes).
9. Add spinach and combine. Take off heat.
10. Combine spaghetti sauce, enchilada sauce, salsa, and oregano and set aside. Reserve 16 fl oz sauce for top layer.
11. Place 12 tortillas in oiled hotel pan. Top with half the squash/bean mix (5 cups), half the spinach mixture (1.5 cups), half the remaining sauce (32 fl oz), and 8 oz LF cheese. Repeat with one more layer of 12 tortillas, 5 c squash/bean, 1.5 c spinach, 32 oz sauce, and 8 oz LF cheese. Add final layer of 12 tortillas, top with remaining 16 fl oz sauce and then 16 oz of mixed cheeses. Cover with parchment and foil.
12. Bake covered for 30 minutes at 350°F.
13. Remove foil and continue baking until casserole is

bubbling around edges and cheese is slightly melted, about 10 more minutes, or until internal temperature of 155°F. Chill according to HACCP protocol. Cover with new parchment and foil for transport.

14. Ship cold. Reheat at site in 350°F oven until internal temperature is 165 °F (approx 45-60 min).
15. Cut each hotel pan into 24 squares for 9 oz portions. For half hotel pans, cut into 12 squares for 9 oz portions. Yield: 24 portions per hotel pan.

Notes

- Yield from fresh, raw squash: 55% (4 cups fresh, cooked, mashed squash =1.75#).
- Before cooking weight 14# 4oz. After cooking weight 13# 8oz.