



Mexican Lasagna



Recipe Rating	
Total Time	140 Minutes
Cooking Time	120 Minutes
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spatula/Scoop
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (132g) / par 1 serv (132g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	280
Fat / Lipides 15g	23%
Saturated / satures 9g	
+ Trans / trans 0g	45%
Cholesterol / Cholesterol	40mg
Sodium / Sodium	350mg
	15%
Carbohydrate / Glucides	28g
	9%
Fibre / Fibres 6g	24%
Sugars / Sucres 2g	
Protein / Proteines	14g
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	8%
Calcium / Calcium	30%
Iron / Fer	15%

Mexican Lasagna

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Roma Tomatoes, Fresh, Diced	500 gm	1.1 Lbs	1 Kg	2.2 Lbs
Cilantro, Fresh, Chopped	20 gm	0.7 oz	40 gm	1.4 oz
Chili Powder	7.5 mL	1.5 tsp	15 mL	1 Tbsp
Cumin	23 mL	1.5 Tbsp	46 mL	3 Tbsp
Garlic Powder	40 mL	2 2/3 Tbsp	80 mL	2.7 fl oz
Salt	5 mL	1 tsp	10 mL	2 tsp
Tortilla, Flour	25 each	25 each	50 each	50 each
Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7 oz
Corn, Niblet (canned)	100 gm	3.5 oz	200 gm	7 oz
Black Beans	400 gm	14.1 oz	800 gm	1.8 Lbs
Cheddar Cheese, Shredded	1 Kg	2.2 Lbs	2 Kg	4.4 Lbs
Rice, Cooked	150 gm	5.3 oz	300 gm	10.6 oz

Method



1. Combine the first 6 ingredients and stir together (sauce).

Cook rice in Multigen for 50 minutes with two parts water to every part of rice. Cover with plastic and foil. Allow to cool.



2. In a large bowl, add the onions, corn, black beans and cooked rice (rice mixture).

In ½ size- 2" deep production pans that have been prepared with nonstick spray, layer the lasagna with sauce first, then tortillas, the rice mixture and some cheddar cheese which can overlap if desired. You should have at least 3 to 4 layers of each of the above when done.



3. Cover pans with plastic and foil. Place pans in Multigen for 60 minutes. Remove covers and cook an additional 10 minutes.

Bulk: remove from Multigen and cut square portions and serve alone or with a side dish.

Cold Plating: allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.