

Meet the Chef JUSTIN NORRIS



INSPIRED BY REAL FOOD AND PLANT FORWARD COMFORT FOODS

Chef Justin has been inspired by Thomas Cuisine's approach to food since 2012, and became a Chef Manager for our Pendleton, Oregon healthcare location in 2014. Justin is humble, crediting much of his culinary learning and progression to the chefs who have mentored him along the way. He remains willing to try new things and embrace change when it comes to creative cuisine which is why we selected him to create our newest recipes for Plant Forward Comfort Foods for Fall.

We hope you enjoy his Chicken and Portobello Mushroom Enchilada Recipe, this recipe is the same version that our culinary artists use, which means you could possibly see this same dish at any healthcare, senior dining, or corporate cafe that we operate. As you'll see in this recipe, our secret to quality food is using REAL ingredients and cooking from scratch to nourish your body and mind.



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Savor seasonal flavors PLANT-FORWARD COMFORT FOODS

CHICKEN AND PORTOBELLO MUSHROOM ENCHILADA RECIPE



Robust flavor

Exceptional ingredients

Avoiding additives

Loaded with nutrients



Step 1: Making the Fillings (Chicken, Portobello Mushrooms, and Poblano Peppers)

Chicken Tinga

Main Ingredients:

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|---|------------------------------------|
| 1 (or 2) - 5oz skinless chicken breast, trimmed | 1 pinch of cumin |
| ¼ cup chicken stock or broth | 1 pinch of granulated garlic |
| 2 tsp diced onion | 1 pinch of dried thyme |
| 1 tsp minced garlic | 1 pinch of coriander |
| 1 tsp chili powder | 1 pinch of paprika |
| ¼ tsp onion powder | 1 pinch of dried oregano |
| 1 tsp tomato juice | 1 dash of favorite hot sauce |
| ½ tsp lime juice | 1 pinch of salt and pepper |
| | 1 sprig of fresh cilantro, chopped |

Directions

1. Combine all spices and dry roast over medium high heat for 5-7 minutes
2. In a pot, add stock, chicken, and remaining ingredients. Bring to a boil and reduce to a simmer, simmer for 30-40 minutes or until chicken is fork tender
3. Carefully remove chicken, and continue reducing liquid by 2/3
4. By hand or with a mixer and paddle attachment shred chicken
5. Return reduced liquid to chicken for flavor and moisture, mix in cilantro
6. Taste and adjust seasoning if necessary

Grilled Portobello Mushrooms

Main Ingredients:

- 2 portobello mushrooms - cleaned, stems and gills removed
- 1 dash of vegetable oil
- 1 pinch of salt and pepper
- 1 pinch of minced garlic
- 1 pinch of chopped parsley

Directions

1. Combine oil, salt, pepper, garlic, parsley and use to season mushrooms
2. Grill whole mushroom tops over hot grill or sauté pan for 10 minutes then slice into thin strips. Or, slice mushrooms into thin strips and roast in an oven at 350 degrees for 10 to 15 minutes

Roasted Poblano/Pasilla Peppers

Main Ingredients:

- 3 poblano peppers
- 1 tsp oil

Directions

1. Preheat oven to 450 degrees
2. Toss the peppers in the oil and place on a parchment lined baking tray
3. Roast in the preheated oven for 8-12 minutes on each of the three sides until the skin is charred
4. Place in a nonreactive bowl, cover with plastic wrap and allow to rest for 20 minutes
5. Wearing gloves, remove the skin, tops and seeds
6. Slice the peppers into strips

Step 2: Ancho Enchilada Sauce

Main Ingredients:

- 3 each dried ancho chilis
- 3 tsp vegetable oil
- ¾ cup diced yellow onion
- 3 tsp minced garlic
- 3 cup tomato puree
- 3 tsp chili powder
- 2 tsp dried oregano
- 1 tsp sea salt
- 3 tsp cumin
- 2 cup water

Directions

1. Add chilis to hot water to rehydrate them, once rehydrated remove stems and seeds and then chop into smaller pieces.
2. Heat the oil in a pot, add the onions, dried chilis and garlic. Sweat for a few minutes until onions start to brown slightly.
3. Add the tomato puree, spices, and water. Bring to a boil, then reduce to a simmer for about 20 minutes or until chili's have softened completely.
4. Using an immersion blender, puree the sauce until smooth.*
5. Thicken sauce if desired using a cornstarch slurry if desired.

***Note if using a stand-up blender allow sauce to cool and start on low speed with lid firmly attached.**

Step 3: Compile and Bake the Enchiladas

Main Ingredients:

- 1 cup shredded chicken tinga
- 1 cup sliced grilled portobello mushrooms
- 1 cup sliced roasted poblano peppers
- 3 cup enchilada sauce
- 12 ea. yellow corn tortilla
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella
- 1 spritz non-stick pan spray

Directions

1. Spray pan or dish with pan spray, pour a small amount of enchilada sauce into pan
 2. Combine chicken, mushrooms, and peppers
 3. Warm the tortillas slightly to make them more pliable
 4. Add 1Tbsp of enchilada sauce to center of tortilla, then divide the chicken, mushroom, poblano pepper mixture into each tortilla and roll up tightly
 5. Arrange the enchiladas tightly in the dish or pan
 6. Pour the remaining sauce over the enchiladas and top with cheeses
 7. Cover with parchment paper and foil
 8. Bake until the enchiladas reach an internal temperature of 165°
 9. Let rest for 10 minutes and then enjoy
- Serving Size: 2 each (266g)