

# El Monterey® Signature Steak Enchiladas

Product # 00197

For convenient, delicious frozen dinner meals in a single-serve package, try El Monterey® Signature Steak Enchiladas Meals. Two shredded steak enchiladas are topped with creamy chipotle sauce, Monterey Jack cheese and served with Spanish-style rice to satisfy your craving. El Monterey® enchiladas are made from a traditional family recipe and quickly frozen to lock in savory flavor. Enjoy authentic Mexican food without leaving home with these precooked freezer meals! Single-serve enchilada TV dinner meals from El Monterey® make lunch or dinner easy with authentic Mexican flavor that is ready in minutes in your microwave! Look in the frozen foods section for El Monterey®'s wide variety of other frozen family meals like taquitos, traditional Mexican enchiladas, single-serve meals and frozen burritos for breakfast, lunch and dinner!



**STEAK ENCHILADAS**

**SERVES ONE**

## Ingredients

BEEF STEAK & CHEESE ENCHILADAS (TORTILLA [WATER, CORN FLOUR TREATED WITH HYDRATED LIME, ENRICHED WHEAT FLOUR {ENRICHED WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID}, WHEAT GLUTEN, VEGETABLE OIL {SOYBEAN, CANOLA AND/OR CORN OIL}, SALT, TURMERIC, DOUGH CONDITIONERS {YEAST, SUGAR, GUAR GUM, MODIFIED FOOD STARCH}], COOKED SHREDDED BEEF STEAK [WITH BROTH, SALT], CHEESES [MONTEREY JACK CHEESE {PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES}, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR)], GREEN CHILE PEPPERS [WITH CITRIC ACID], ONION, TOMATILLO [WITH CITRIC ACID], WATER, JALAPENO PUREE [WITH SALT, ACETIC ACID, WATER, CALCIUM CHLORIDE], MODIFIED CORN STARCH, VEGETABLE OIL [SOYBEAN, CANOLA AND/ OR CORN OIL], GRANULATED GARLIC, SPICES, ROASTED BEEF TYPE FLAVOR [CONTAINS BEEF BROTH, BEEF FAT, FLAVOR, SALT], GUAR GUM, CILANTRO FLAVOR [GLYCERYL TRIACETATE, ETHYL ALCOHOL, NATURAL FLAVORS]), COOKED RICE (WATER, RICE), WHOLE MILK (VITAMIN D3 ADDED), WATER, TOMATOES IN PUREE (TOMATOES, CITRIC ACID), MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SOUR CREAM (CULTURED MILK, CREAM, WHEY, LESS THAN 2% OF FOOD STARCH-MODIFIED CORN, SODIUM PHOSPHATE, GUAR GUM, CARRAGEENAN,

## Shelf Life

Frozen: 365 days AT OR BELOW 10° F; Refrigerated: NA

Case Pack	8/1/10.24 oz
Net Case WT (lbs)	4.5
Gross Case WT (lbs)	6.1
Case Cube	0.41
Case Dimensions	6.56 x 8.06 x 13.44
Tier and High	17 x 6
Cases per Pallet	102
Sell Unit UPC	071007001970
Master Case UPC	10071007001977

## Nutrition Facts

Serving Size 1 Package (291g)  
Serving Per Container 1

Amount Per Serving

**Calories** 450

**% Daily Value\***

**Total Fat** 21g **27%**

Saturated Fat 8g **40%**

Trans Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 990mg **43%**

**Total Carbohydrate** 48g **17%**

Dietary Fiber 2g **7%**

Sugars 4g

Protein 19g

Calcium 286g **20%**

Iron 3mg **15%**

Potassium **8%**

\* Percent Daily Values based on a 2,000 Calorie Diet

# Cooking Instructions



## **Microwave From Frozen**

VENT FILM IN CORNER ON THE RICE SIDE OF THE TRAY BEFORE COOKING. COOK ON HIGH FOR 2 MINUTES. REMOVE TRAY FROM MICROWAVE OVEN. PULL FILM BACK ON RICE SIDE AND STIR SIDE TO SIDE EVENLY. RE-COVER AND COOK ON HIGH FOR 2 MINUTES. LET STAND FOR 2 MINUTES BEFORE EATING.

Temperature setting: HIGH (1,100 WATTS) FOR FOOD SAFETY AND QUALITY, READ AND FOLLOW THESE COOKING INSTRUCTIONS.

Cook product to 165°F. Keep frozen until use. Do not refreeze. Refrigerate or discard leftovers. Since ovens vary, cook time may need to be adjusted.

CAUTION: PRODUCT MAY BE HOT.

