

Chicken Enchiladas	
Ingredients	Instructions
<ul style="list-style-type: none"> <li>• 1 ½ lbs chicken, shredded or diced into ½ inch pieces</li> <li>• 1 small onion, finely diced</li> <li>• 3-4 fresh green chiles or jalapeños (or 1 can dice green chiles (113mL)</li> <li>• 1 can black beans, drained and rinsed well (540mL)</li> <li>• 3 cups shredded cheese (old-cheddar or Mexican blend)</li> <li>• 8 large flour tortillas</li> <li>• ½ cup chopped onions</li> <li>• ½ cup sour cream</li> <li>• 1 tsp cumin</li> <li>• 1 tsp chili powder</li> <li>• 2 tbsp olive oil</li> <li>• Salt and pepper, to taste</li> </ul> <p><b>Toppings:</b> Sour cream, red onion, avocado, fresh cilantro, cotija cheese, and/or feta cheese</p> <p><b>Homemade Enchilada Sauce:</b> (or substitute for store bought)</p> <ul style="list-style-type: none"> <li>• 2 tbsp olive oil</li> <li>• 2 tbsp all-purpose flour</li> <li>• ¼ cup chili powder</li> <li>• ½ tsp garlic powder</li> <li>• ½ tsp cumin, ground</li> <li>• ¼ tsp dried oregano</li> <li>• 2 cups chicken or vegetable stock</li> <li>• Salt, to taste</li> </ul>	<ol style="list-style-type: none"> <li>1. <b>Prepare sauce:</b> In a small saucepan heat oil over medium-high heat. Add flour whisking constantly, for 1 minute. Next add chili powder, garlic powder, cumin, and oregano, cook for another minute, whisking constantly.</li> <li>2. <b>Simmer:</b> Slowly pour in stock, whisking constantly until well combined and no lumps remain. Allow to simmer, then reduce eat to medium-low and maintain the simmer until the sauce has thickened, (about 10-15 minutes).</li> <li>3. <b>Season:</b> Taste and adjust seasoning as desired, add salt to taste.</li> <li>4. <b>Pour:</b> Pour into a small bowl, clean bottle, or jar.</li> <li>5. <b>Preheat:</b> Set oven to 350°F (177°C).</li> <li>6. <b>Sauté:</b> In a large skillet heat oil over medium-high heat. Add onions and cook until soft and slightly translucent, (about 4-5 minutes). Next add chicken and chiles, season with salt and pepper. Sauté until chicken is cooked through, (about 8-10 minutes). Add the beans and stir until everything is well combined. Remove from heat.</li> <li>7. <b>Assembly Line:</b> Setup tortillas, enchilada sauce, chicken, and cheese in an assembly line. Lay out a tortilla, spread 2 tbsp of sauce over the tortilla then add a big spoonful of chicken down the middle and sprinkle with cheese. Roll it up and place into a greased baking dish. Repeat until all remaining enchiladas are assembled. Drizzle remaining sauce evenly over the enchiladas and sprinkle with remaining cheese.</li> <li>8. <b>Bake:</b> Place into the oven, bake until enchiladas are cooked through, cheese is melted, and tortillas are a slightly crispy light golden brown on the outside, (about 20-25 minutes).</li> <li>9. <b>Serve:</b> Enjoy immediately while hot, topped with your favorite topping(s), sour cream, red onion, avocado, fresh cilantro, cotija cheese, or feta, as desired.</li> </ol>