

Chicken Enchiladas – Best Ever!

No kidding. These seriously are the best enchiladas ever, and it's all due to a special (and easy) homemade enchilada sauce that will rock your socks off.

Prep: 15 mins Cook: 45 mins Total: 1 hour

Ingredients:

- 2 Tablespoons vegetable oil
- 1 small white onion, peeled and diced
- 1.5 pounds boneless skinless chicken breasts, diced into small 1/2-inch pieces (*or see substitution below for using pre-cooked shredded chicken)
- salt and pepper
- 1 (4-ounce) can diced green chiles
- 1 (15.5 ounce) can black beans or lentils, rinsed and drained
- 8 large flour tortillas
- 3 cups Mexican-blend shredded cheese
- 1 batch [red enchilada sauce](#), or 1 can store-bought enchilada sauce
- (optional: 1/4 cup chopped fresh cilantro)

Directions:

1. Preheat oven to 350 degrees F. Prepare your [enchilada sauce](#), if making homemade.
2. In large skillet, heat oil over medium-high heat. Add onion and saute for 3 minutes, stirring occasionally. Add diced chicken and green chiles, and season with salt and pepper. Saute for 6-8 minutes, stirring occasionally, or until the chicken is cooked through. Remove from heat and set aside.
3. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, beans, chicken mixture, and cheese. Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla. Add beans in a line down the middle of the tortilla, then add in a spoonful of the chicken mixture, then sprinkle with 1/3 cup cheese. Roll up tortilla and place in a greased 9 x 13-inch baking dish. Repeat with the remaining ingredients. Then spread the remaining enchilada sauce on top of the tortillas, and sprinkle on the remaining shredded cheese.
4. Bake uncovered for 20 minutes. Remove from oven and serve immediately, garnished with chopped fresh cilantro if desired.
5. *If you are using pre-cooked chicken, just leave it out of the saute and cook the onion and green chiles for 1 additional minute (instead of 6-8). Once you remove the onion and green chiles from the heat, stir in the chicken (which should be shredded or chopped into bite-sized pieces).

Red Enchilada Sauce

This homemade red enchilada sauce is WAY better than anything you can buy in the can, and quick and easy to make as well!

Prep: 5 mins Cook: 15 mins Total: 20 mins

Ingredients:

- 2 Tbsp. vegetable or canola oil
- 2 Tbsp. all-purpose or gluten-free flour
- 4 Tbsp. chili powder (**not cayenne!* also, see note below if you do not like heat*)
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. cumin
- 1/4 tsp. oregano
- 2 cups chicken or vegetable stock

Directions:

1. Heat oil in a small saucepan over medium-high heat. Add flour and stir together over the heat for one minute. Stir in the remaining seasonings (chili powder through oregano). Then gradually add in the stock, whisking constantly to remove lumps. Reduce heat and simmer 10-15 minutes until thick.
2. Use immediately or refrigerate in an air-tight container for up to two weeks.
3. *I consider this sauce pretty mild. But if you are wary about heat/spice in your sauce, I would begin with 2 tablespoons chili powder and add more from there once the sauce has reached a simmer if you'd like.
4. Again, I am using chili powder for this recipe, *not cayenne*. From the comments, it sounds as though chili powders vary from country to country. But the traditional American chili powder is fairly mild, and should not be overly spicy.

So, to make the enchiladas, just spread a generous amount of sauce on each tortilla, then add on some black beans (they are a great protein-packed “filler”), the chicken/onion/green chile saute, some shredded Mexican cheese...



...and then roll 'em up and place each enchilada in a large baking dish. Then pour the extra enchilada sauce on top, and add on some extra cheese for good measure. And gimme some oven! I mean, bake it on up. :)



20 minutes later, a steaming pan of delicious enchiladas will be ready to go. You can garnish it with some fresh cilantro (a la 2014) if you'd like. ;)



But you're probably just going to want to dive right in. Because as good as these puppies look, they smell and *taste* 10 times better.



Ok, actually enchiladas in a single serving aren't the prettiest. But hey, at least they *taste* good. Seriously, I can't recommend this recipe enough. Biggest thanks to Liisa for teaching me how to make it so many years ago, and even though we now live half a country apart, I love that I still think of her whenever I make them. That's what happens when good food and friendship come together, right? Enjoy everyone!

