
Hearty Chicken Enchiladas (Slow Cooker)

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Servings: 2

Preparation Time: 30 minutes

Bake Time: 25 minutes

1 pound boneless/ skinless, chicken breasts
2 cans (15 ounce ea) enchilada sauce
1 can (4 ounce) chopped green chilies
1 can (15 ounce) black beans, rinsed and drained
8 (six-inch) flour tortillas
1 cup shredded Mexican cheese blend
shredded lettuce (optional)
pico de gallo (optional)
sliced avocado (optional)

In a three-quart slow cooker, combine the chicken, enchilada sauce and green chilies. Cook on LOW heat for six to eight hours or until the meat is tender.

Remove the chicken. Shred. Reserve 1-2/3 cups of the cooking juices into a bowl. Add the beans and chicken.

Coat two freezer-safe eight-inch square baking dishes with cooking spray. Add 1/3 cup of the reserved baking juice to each dish.

Place 1/3 cup of the chicken mixture down the center of each tortilla. Roll the tortilla and place, seam side down, in the prepared baking dishes. Pour the remaining reserved baking juice over the top. Sprinkle with cheese.

Cover one dish. Freeze the dish for up to three months.

Cover and bake the second dish at 350 degrees for 20 minutes. Uncover. Bake until the cheese is lightly browned, about 5 minutes longer.

Serve with lettuce, pico de gallo and avocado, as desired.

(To use the frozen enchiladas: Thaw in the refrigerator overnight. Remove from the refrigerator 30 minutes before baking. Bake as directed.)

Yield: 2 casseroles (two servings)

Chicken

Per Serving (excluding unknown items): 1546 Calories; 47g Fat (27.4% calories from fat); 49g Protein; 233g Carbohydrate; 26g Dietary Fiber; 74mg Cholesterol; 1641mg Sodium. Exchanges: 14 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Vegetable; 9 Fat.