



## Chicken Enchiladas

Yield: 4 servings (8 enchiladas total)

Time: 30 minutes prep, 15 minutes cooking, 45 minutes total

- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 white onion, diced
- 2 garlic cloves, minced
- 1 tbsp. extra virgin olive oil (EVOO)
- ½ tsp. cumin
- 1½ tsp. chili powder
- 4½ oz. can diced green chilies
- 3 chipotle peppers in adobo sauce, finely chopped
- ¾ cup frozen corn (or fresh)
- 1 cup cubed or shredded cooked chicken
- 15 oz. small white beans
- 19 oz. can mild red enchilada sauce\*
- 4 oz. cheddar cheese, shredded
- 8 medium sized tortillas



*For garnish (optional):*

- 2 avocados
- juice of ¼ to ½ a lime
- pinch of salt
- ½ cup sour cream
- 1 bunch scallions, chopped
- salsa

1. Preheat your oven to 375°F. Lightly grease a 9x13 inch baking dish. Set aside.
2. In a large sauté pan, combine the peppers, onion, garlic, and EVOO. Cook over medium heat until the veggies are slightly softened, about 5 minutes. Stir in the cumin, chili powder, green chilies, and chipotle peppers with adobo sauce. Continue to cook over medium heat for another 2-3 minutes.
3. Stir in the corn, chicken, and white beans. Cook over low heat, stirring occasionally for the next 5-10 minutes as you prepare the tortillas.
4. Place the entire stack of 8 tortillas on a plate and microwave for 30 seconds to soften.
5. Pour roughly 4 tbsp. of the enchilada sauce into the bottom of the prepared baking dish. Spread evenly so the entire surface is covered in a thin layer of sauce. Pour about ¼ of the remaining sauce into a shallow bowl. Dip both sides of a tortilla into the sauce, then fill the tortilla with the prepared veggies/chicken mixture by placing a generous line of filling along the middle of the tortilla, extending all the way to the edges. Wrap the sides of the tortilla up to form the enchilada, and place it seam-side down in the prepared baking dish. Repeat with remaining tortillas, using all of the filling.
6. Once all of the tortillas are filled and in the baking dish, drizzle the remaining enchilada sauce over the top, spreading evenly. Cover with the shredded cheddar cheese. Heat at 375°F for 15 minutes, until the cheese is hot and bubbly.
7. Meanwhile, prepare a quick guacamole for garnish: mash the two avocados together with the lime juice and salt.
8. Garnish with guacamole, sour cream, scallions, and/or salsa. Enjoy!!

\* I prefer to use mild enchilada sauce because I add enough heat with hot salsa, the green chilies, and adobo peppers! Feel free to use medium or hot enchilada sauce to kick up the heat even more!