

LISAS LADLE
CHICKEN AND CHEESE ENCHILADAS
VIDEO RECIPE #3

Servings: 6

Prep Time: 15 minutes

Total Time: 55 minutes

Ingredients:

1 Can (10 ¾ oz) Cream of Chicken
½ cup Sour Cream
16 oz Picante Sauce (jar)
2 tsp Chili Powder
2 cups Chicken Breast, cooked shredded

1 cup Shredded Monterey/Cheddar
6 Flour Tortillas, warmed
1 Med Tomato, diced
3 Green Onions, sliced
½ cup Cilantro, chopped

Directions:

1. Heat oven to 350°F. In a medium bowl stir together soup (no water added), sour cream, picante sauce and chili powder.
2. In a large bowl stir together 1 cup of soup mixture, shredded chicken and cheese.
3. Line bottom of 11x7x2 baking dish with a thin layer of the soup mixture.
4. Fill tortillas with chicken mixture; roll up tortilla like an enchilada and place seam side down in baking dish. Pour remaining soup mixture over filled tortillas. Sprinkle top with cheese. Cover dish with foil.
5. Bake 40 minutes or until enchiladas are hot and bubbling. If you're cooking three at a time reduce baking time to 20 minutes.
6. Top with tomato, green onion, cilantro and sour cream.

Optional Toppings:

Sirrachi Sauce
Sour Cream
Hot Sauce or Salsa
Guacamole
Refried Beans
Bed of rice and beans

Lisa's Ladle Quick and Easy Shredded Chicken

4 Chicken Breasts skinless, boneless (1-2 lbs)
3 tsp Vegetable Oil
½ cup Water
Salt and Pepper to taste (I sprinkle a little chili powder for a little kick or taco seasoning)

1. Heat skillet on medium heat, once skillet is hot add oil and chicken
2. Sprinkle salt and pepper on chicken, cook 3-4 minutes on each side until golden color
3. Add ½ cup water cover and simmer 6-7 minutes
4. Let chicken cool in a med bowl or ziplock bag in fridge

5. Place chicken in a gallon freezer bag leaving an inch open for air, beat with a rolling pin, this shreds the chicken quickly and easily
Will last for up to 3 days covered in the refrigerator