



# Chicken Enchiladas

YIELD: Makes 6 Enchiladas

Simplify this recipe by substituting store-bought sauce and a precooked chicken from your local grocery store.

**BEFORE YOU START:** Some chili powders contain salt&mdash;you may want to test the sauce before adding the kosher salt. Sauce color will vary depending on the chili powder&mdash;some are more red and others more brown.

## PREPARATION METHOD

### To prepare chicken:

1. Preheat the oven to 425°F Convection Mode with a rack set at position "3."
2. Combine all the ingredients in a zip top bag and mix to combine.
3. Remove the seasoned chicken breasts from the bag. Lay the chicken breasts on a parchment-lined baking pan and place into the oven.
4. Cook for 15 minutes or until thoroughly cooked.
5. Remove from the oven and allow to cool.
6. Shred the chicken and set aside.

### To prepare sauce:

1. In a sauce pan heat the oil over medium-high heat for 1 minute.
2. Add the flour and stir over for 2–3 minutes to combine.
3. The mixture should not start to darken, turn the heat down if it begins to change color.
4. Stir in the spices, tomato paste, and vinegar and mix well.
5. Gradually add the stock in small amounts and whisk constantly to ensure there are no lumps.
6. Bring to a gentle simmer and cook for 15 minutes.
7. Sauce will continue to thicken as it cools.

### To assemble and bake enchiladas:

1. Set the oven to 350°F Convection Roast Mode.
2. In a large skillet, heat the oil over medium heat.
3. Add the onion and sauté for 3 minutes, stirring occasionally.
4. Add the shredded chicken and green chiles, and sauté for 3–4 minutes, stirring occasionally.
5. Remove from heat and set aside.
6. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, beans, chicken mixture, and cheese.
7. Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla.
8. 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.
9. Roll up tortilla and place in a greased 9x13-inch baking dish.
10. Repeat with the remaining ingredients.
11. Then spread the remaining enchilada sauce on top of the tortillas, and sprinkle on the remaining shredded cheese.
12. Bake uncovered for 20 minutes.
13. Remove from oven and serve immediately, garnished with chopped fresh cilantro if desired.

COOK TIME: 20 Minutes

## INGREDIENTS

### ROASTED CHICKEN

2 pounds boneless skinless chicken breasts

1/2 teaspoon kosher salt

1/2 teaspoon black pepper

1/2 teaspoon onion powder  
1/4 teaspoon cumin  
1/4 teaspoon garlic powder

2 tablespoons vegetable oil

### ENCHILADA SAUCE

2 tablespoons vegetable oil

2 tablespoons all-purpose flour

4 tablespoons chili powder  
1/2 teaspoon garlic powder  
1/2 teaspoon kosher salt  
1/4 teaspoon cumin  
1/4 teaspoon oregano  
1 1/2 teaspoons tomato paste  
1 teaspoon red wine vinegar  
2 cups vegetable stock

### ENCHILADAS

2 tablespoons vegetable oil

1 cup yellow onion, diced  
Roasted chicken, shredded

1 (4 ounce) can diced green chiles

6 large flour tortillas

1 batch red enchilada sauce

1 (15.5 ounce) can black beans, rinsed and drained

3 cups shredded cheese

Optional: 1/4 cup fresh cilantro, chopped