

Simply Sour Cream Chicken Enchiladas

INGREDIENTS:

1 lb chicken breast, diced
1 medium onion, chopped
1 tablespoon vegetable oil
8 (8 inch) flour tortillas, softened
1 1½ cups grated monterey jack cheese or 1 1½ cups Mexican blend cheese, divided
¼ cup butter
¼ cup flour
1 (15 ounce) can chicken broth
1 cup sour cream
1 (4 ounce) can chopped green chilies

DIRECTIONS:

In frypan, cook chicken and onion together in oil over medium-high heat until chicken is just done.

Divide cooked chicken evenly between 8 tortillas; add 1 1/2 tablespoons cheese to each tortilla.

Roll enchiladas and place seam-side down in 9×13" baking dish that has been lightly sprayed with no-stick cooking spray.

Melt butter in a medium saucepan; stir in flour to make a roux; stir and cook until bubbly; gradually whisk in chicken broth then bring to boiling, stirring frequently.

Remove from heat; stir in sour cream and green chiles; pour sauce evenly over enchiladas.

Top with remaining ¾ cup cheese (baking dish may be double-wrapped and frozen at this point) and bake at 400F for 20 minutes until cheese is melted and sauce near edges of baking dish is bubbly.

Serves: 8

source:tomatohero.com