

Enchiladas Rancheras

Preparation Time: 45 Minutes (25 Active Prep)

2 servings

Ingredients

2 tbl vegetable / canola oil

2 tbl flour

4 oz can diced green chilies (reserve about 1 oz)

2 cups chicken broth

4 cloves garlic, minced

½ tsp cumin

¼ tsp salt

¾ cup cooked poultry

chili powder

cayenne pepper

black pepper

garlic powder

¼ cup onion chopped

1 ½ cups Monterey Jack Cheese, grated (½ cup plus 1 cup)

4 corn tortillas

Sour cream or guacamole (optional)

Directions

Heat 2 tbl oil in a saucepan, add flour and stir for a minute or two, do not brown. Add chilies, stir for 30 seconds, using a wire whisk, stir in the chicken broth, garlic, cumin and salt. Bring to a boil, reduce heat and simmer for 10 minutes.

Meanwhile, preheat oven to 325, and chop poultry and divide into four equal piles. Sprinkle with chili powder, cayenne, black pepper, and garlic powder to taste. Toss until well coated. Chop onion and divide equally amongst the poultry. Do the same with the reserved green chilies and ½ cup Monterey Jack Cheese.

You can either cook all the enchiladas in one pan, or I prefer to cook two per pan and use the dish as an individual serving dish. Whatever you prefer. Dip each tortilla in the sauce, place in pan and fill each one with one of the four mixtures of poultry, onion, chilies and cheese. Roll tortilla and place face down in baking dish. Repeat for the remaining. Sprinkle with remaining cheese (if there isn't any use more) and pour sauce over tortillas. Bake uncovered for 15 minute or until the top browns and sauce bubbles. Serve with Sour Cream or Guacamole if desired.