



Not Authentic But Still Good

Chicken Enchilada Bake

Are these the most authentic Chicken Enchiladas? No.
But, they are tasty and easy for a week night meal!

Ingredients

4 boneless skin less chicken breasts
1 can of black beans
2 cups spanish rice
(I like the bowl and basket
southwestern rice
from shop rite in the frozen section)

1 package taco seasoning
2 cups of salsa
4 cups Mexican shredded cheese
enchilada sauce
tortillas

1. Put the chicken with 2 cups of salsa and packet of taco seasoning in the crock pot mix to make sure ingredients are covering the chicken. Cook on low for 6 hours or high for 4. (Or, skip this step and use rotisserie chicken. just mix the salsa and taco mix in.)
2. Once chicken is cooked and shredded preheat the oven to 400
3. Heat up southwest microwavable rice per directions on the bag
4. Rinse black beans
5. Add rice and beans to the chicken mixture
6. Add 1 package of shredded cheese to the mixture.
7. Spread a little bit of the enchilada sauce on the bottom of the pan
8. Pour some of the enchilada sauce onto a plate. Dip tortillas in the sauce top and bottom so they are fully covered with sauce. Add filling mixture to tortilla and roll up. Repeat.
9. Once enchiladas are arranged in your baking dish you can add a little more enchilada sauce to the top.
10. Cover the top of the enchiladas with shredded cheese
11. Bake in the oven @400 for 30 to 35 min.