



# Chicken Enchiladas

1

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**Supersedes** NA

**Target Time** 1 hr

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## Tools and Materials Required

Quantity	Description	Step
2	skinless, boneless chicken breast halves	
1/2	onion, chopped	
1/2	cup sour cream	
1/2	cup shredded Cheddar cheese	
1	Teaspoon dried parsley	
1/4	teaspoon dried oregano	
1/4	teaspoon ground black pepper	
1/4	teaspoon salt (optional)	
1/2 (15 ounce)	can tomato sauce	
1/4	cup water	
1-1/2	teaspoons chili powder	
1/2	clove garlic, minced	
4	flour tortillas	
1/2	jar taco sauce	
1/4 cup	shredded Cheddar cheese	

## Steps

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear.
  - 2.1 Drain excess fat.
  - 2.2 Cube the chicken and return it to the skillet.
  - 2.3 Add the onion, sour cream, Cheddar cheese, parsley, oregano and ground black pepper.
  - 2.4 Heat until cheese melts.
  - 2.5 Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.
3. Roll even amounts of the mixture in the tortillas.
  - 3.1 Arrange in a 9x13 inch baking dish.
  - 3.2 Cover with taco sauce and 3/4 cup Cheddar cheese.
4. Bake uncovered in the preheated oven 20 minutes.
5. Cool 10 minutes before serving.

## Visual Support

Ready to bake.



The finish product.

