

Enchiladas

RED SAUCE

2 TBSP	oil
2 TBSP	flour
4 TBSP	Chili Powder
½ tsp	Garlic Powder
½ tsp	salt
¼ tsp	Cumin
¼ tsp	Oregano
2 cups	Chicken Broth

Heat oil in a small saucepan over medium-high heat. Add flour and stir together for about 1 min to make a roux.

Stir in the remaining seasonings (chili, garlic, salt, cumin, oregano)

Gradually add in the broth while whisking to remove any lumps.

Reduce heat and simmer for 10 min until thickened.

ENCHILADAS

2 TBSP	oil
½	onion, diced
2	chicken breasts, cooked and diced into small pieces
Salt and pepper	
1 can	diced green chili's
½ cup	black beans or lentils (rinsed and drained)
6-8	flour tortillas
1 ½ cup	shredded cheese
1 batch	Enchilada Red Sauce (ABOVE)

1. Preheat oven to 350F
2. In a large skillet heat oil over medium high heat. Cook chicken until no longer pink Add onions and sauté until soft stirring occasionally.
3. Add green chili's and season with salt and pepper. Remove from heat and set aside.
4. To assemble enchiladas, set up an assembly line including" Tortillas, enchilada sauce, beans, chicken mixture and cheese
5. Lay out a tortilla, spread 2 TBSP of sauce over the surface of the tortilla, add beans a spoonful of chicken and sprinkle with cheese. Roll up the tortilla and place in a greased pan. Repeat with remaining ingredients.
6. With the leftover sauce spread over the rolled up tortillas and sprinkle with the remaining cheese.
7. Bake in oven for 10 min or until hot and bubbly.