

Chicken Enchiladas by Lynn's Recipes



Lynn demonstrates how to make delicious Chicken Enchiladas. A great dinner idea. These enchiladas are made with homemade enchilada sauce. Super delicious and easy to make. From Rachael Ray.

Ingredients:

- 8 - 6" soft flour tortillas
- 3 cups chicken broth
- 1 bay leaf, fresh or dried
- 2 sprigs fresh oregano
- 1 medium to large onion, quartered
- 4 -- (6-8 ounce) boneless, skinless chicken breasts
- 3 cups tomato sauce
- 2 teaspoons hot cayenne pepper sauce
- ¼ teaspoon ground cinnamon
- 2 teaspoons chili powder, divided
- 2 Tablespoons tomato paste
- 1 teaspoon ground cumin
- Salt
- Pepper
- 2-1/2 cups Monterey Jack cheese, shredded
- ¼ cup cilantro leaves, roughly chopped, optional

Preheat oven to 275°.

Spray a 7x11" casserole dish and set aside.

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Wrap tortillas in foil and warm in the oven.

Place a medium size skillet over high heat. Add chicken broth, bay leaf, oregano and onion and bring to a boil. Add chicken breasts and bring back to a boil, then cover with a lid and reduce heat to medium. Poach chicken in broth 10 minutes or until cooked through. Remove the cooked chicken from the stock and let it cool a bit so that you can handle it. Reserve poaching liquid.

While the chicken is poaching, make the enchilada sauce. In a sauce pan, combine the tomato sauce, hot sauce, cinnamon and 1 teaspoon of the chili powder. Bring up to a boil and reduce heat to low, keeping sauce warm until ready to use.

Shred the cooled chicken into small strips using two forks or your fingers.

Transfer the shredded chicken to a bowl and add ½ cup of the reserved cooking liquid, tomato paste, 1 teaspoon chili powder and 1 teaspoon cumin. Season with a little salt and pepper.

Remove tortillas from oven and switch the broiler to high.

Pour a little of the enchilada sauce, about ¼ cup, on the bottom of the casserole dish. Divide chicken mixture equally between the warm tortillas by piling it up on the bottom half of each tortilla and rolling into a tube.

Place the enchiladas seam side down on top of the sauce in the baking dish. Once all the enchiladas are in the pan, pour remaining hot tomato sauce over them and top with cheese.

Place enchiladas in hot oven 6 inches from the broiler and broil 5 minutes to melt cheese and set enchiladas. Sprinkle with the chopped cilantro and serve.

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