



Zesty Chicken & Bean Enchilada

Makes 4 servings

Ingredients

1 pound chicken breast, raw, split, with the bone in
1 quart water

6-8 corn tortilla shells
1 can Black beans, canned, drained
¼ cup black olives, sliced
¼ cup diced green chiles, canned
12 ounces mozzarella cheese, shredded
1 bunch green onions, sliced for garnish

Enchilada Sauce:

¼ cup vegetable oil
¼ cup flour
2 tablespoons New Mexico or California chili powder
1 small can low sodium tomato sauce
1 quart chicken stock, defatted (see notes below)
½ tablespoon ground cumin
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon cayenne pepper
½ teaspoon salt

Directions

Slowly stew the chicken breasts with 1 quart of water until the chicken reaches the recommended minimum internal temperature of 165°F. After stewing the chicken breasts, shred the chicken meat. Reserve the stock for the enchilada sauce, cooling overnight and removing the fat from the surface.

Heat oil in a large pot over medium-high heat. Stir in flour and chili powder, reduce heat to medium, and cook until lightly brown, stirring constantly to prevent burning flour. Gradually stir in tomato sauce, chicken stock, cumin, garlic powder, and onion powder into the flour and chili powder until smooth, and continue cooking over medium heat approximately 10 minutes, or until thickened slightly. Season to taste with salt.

Toast the tortilla shells in the oven until crispy. Layer a casserole dish using the sauce, toasted corn tortillas, shredded chicken, black beans, canned green chiles.

Place shredded mozzarella cheese, olives and sliced green onions on top of the casserole and bake in a 350°F oven until the cheese melts.