

Sour Cream Chicken Enchiladas



Ingredients:

- 1 lb shredded chicken breast(can used a roasted chicken)
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 8 flour tortillas, softened (8 inches each)
- 1 1/2 cups grated monterey jack cheese or 1 1/2 cups Mexican blend cheese, divided
- 1/4 cup butter
- 1/4 cup flour
- 1 (15 ounce) can chicken broth
- 1 cup sour cream
- 1 (4 ounce) can chopped green chilies

Directions:

1. In frypan, cook onion in oil over medium-high heat until golden. Add shredded chicken and heat through.
2. Divide cooked chicken evenly between 8 tortillas; add 1 1/2 tablespoons cheese to each tortilla.
3. Roll enchiladas and place seam-side down in 9x13" baking dish that has been lightly sprayed with non-stick cooking spray.
4. Melt butter in a medium saucepan; stir in flour to make a roux; stir and cook until bubbly; gradually whisk in chicken broth then bring to boiling, stirring frequently.
5. Remove from heat; stir in sour cream and green chiles; pour sauce evenly over enchiladas.
6. Top with remaining 3/4 cup cheese (baking dish may be double-wrapped and frozen at this

point) and bake at 400F for 20 minutes until cheese is melted and sauce near edges of baking dish is bubbly.