

SHREDDED CHICKEN & ONION ENCHILADAS

F MEDIUM

Last Modified: 07/10/2019

PREP: 30 Min
COOK: 35 Min
OVEN: 350

MEXICAN

MAKES 15 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
6	Cups	Chicken Breasts (Skinless / Boneless)	Shredded
OR			
6	Cups	Shredded Rotisserie Chicken Breast Meat (Meijer)	
2	Tbsp	Vegetable Oil	
3	Cups	White Onions	Chopped
12	Ounces	Cream Cheese (Philadelphia)	Softened
3	Tbsp	Water	
1	Tbsp	Onion Powder	
1	Tbsp	Garlic Powder	
1	Tbsp	Ground Cumin	
1/2 +/-	Tsp	Kosher Salt	To Taste
1/4 +/-	Tsp	Ground White Pepper	To Taste
30	6 Inch	Flour Tortillas (Old El Paso)	Room Temp
3	Cups	Recipe: Crema Sauce	
OR SUBSTITUTE THE NEXT 3 INGREDIENTS			
2	10 3/4 Oz	Cans Condensed Cream Of Chicken Soup W/Herbs	
1/2	Can	Water	
1 1/4	Cups	Sour Cream (Breakstone)	
1	Cup	Whole Milk	
2	4 Oz	Cans Green Chiles (Old El Paso)	Chopped
4	Cups	Mexican Quesadilla Cheese (Ole)	Shredded
1/2	Cup	Green Onion (Greens Only)	Thin Sliced

OPTIONAL GARNISHES

1/3	Cup	Sliced Black Olives	Rinsed
1/2	Cup	Ripe Tomatoes (Seeds & Gel Gone)	Diced
1/4	Cup	Jalapeno Peppers (Seeded)	Sliced
1/2	Cup	Head Lettuce	Shredded
1/2	Cup	Salsa (Mild / Medium / Hot)	
1/2	Cup	White Onions	Diced

PREPARATION

FACTOID	This is one of my all-time favorite mild Mexican dishes. I make it <u>SEVERAL</u> times a year. I enjoyed this at a Banamex Field Engineers home in Mexico City. His Mom was kind enough to share the recipe (She actually used Spanish Crema Sauce instead of my substituted (much easier) Condensed Creamy Soup, Water and Sour Cream).
FACTOID	These are FANTASTIC, very, very mild flavor! Technically serves 15 - But not really.
FACTOID	America's Test Kitchen tested ready-made Flour Tortilla's. They found Old El Paso Brand to be the hands down winner for both, taste and texture. I TOTALLY AGREE!

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TOOLS	<ol style="list-style-type: none"> 1) Large Stainless Steel Skillet 2) 2 - 9" x 13" Glass Baking Dishes OR Disposable Aluminum Half-Pans & Lids 3) Large Mixing Bowl 4) Medium Mixing Bowl
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Chop the Sweet Onions and set them aside. 2) Drain the Green Chiles (chop if not already done) and set them aside. 3) Shred the Cheese and set it aside. 4) Preheat the oven to 350 degrees with a rack just below center.
WHOLE CHICKEN BREAST VERSION	
1	Season the Chicken Breasts with Salt and Pepper. In a large stainless steel skillet over medium high heat add in the Vegetable Oil and heat until it shimmers. Brown the Chicken, allowing about 7 minutes on each side or until no longer pink. Sprinkle the Chicken with Cumin, Garlic Powder and Onion Powder before turning. Remove the Chicken Breasts to a platter and allow them to cool.
2	Saute the Onions in the Chicken drippings until just transparent. Shred the Chicken Breasts, mix them into the drained Onions and set them aside to cool completely.
3	In a large mixing bowl, beat the Cream Cheese and Water until smooth. Stir in the cooled Chicken mixture. This should be thick.
SHREDDED ROTISSERIE CHICKEN BREAST VERSION	
1	Cut & re-shred the cooked Chicken into smaller bite-sized pieces. Saute the Onions in Unsalted Butter until just transparent. Mix the shredded Chicken into the Onions and set them aside to cool completely .
2	In a large mixing bowl, beat the Cream Cheese, Cumin, Garlic Powder, Onion Powder, Salt, Pepper and Water until smooth. Stir in the cooled Chicken mixture until the Chicken is well coated. This should be thick.
FINISH BOTH VERSIONS	
1	Trail tablespoons of the Chicken mixture down the center of each Tortilla. Roll them up tightly and place each one seam side down in a non-stick sprayed baking dish.
2	In a medium mixing bowl, thoroughly combine the undiluted Soup, half can of Water, Sour Cream, Milk and drained Chilies; pour it evenly over the top of the Enchiladas.
3	Bake, uncovered, 30 to 40 minutes or until heated through and bubbling. Sprinkle the top generously with Cheese and bake for 5 minutes longer or until the Cheese has melted.
SERVE	Sprinkle the top evenly with the Green Onions. Serve while hot along with any optional ingredients you like on the side.
NOTE	These Enchilada's will freeze and microwave VERY nicely.

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