

Chicken and Black Bean Enchiladas with Goopy Jack Cheese

Recipe Summary

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 30 minutes

Yield: 4 servings (plus enough chicken for another meal)

2 teaspoons olive oil

1/2 cup chopped onion

2 cloves garlic, minced

2 pounds boneless, skinless chicken breasts, cut into 1-inch pieces *see cook's note

1 (15-ounce) can black beans, rinsed and drained

1 (4-ounce) can diced green chiles

1/3 cup prepared salsa, mild, medium or hot

2 tablespoons chopped fresh cilantro leaves

4 (8-inch) flour tortillas

1 1/3 cups shredded Monterey jack and or Cheddar

*Cook's note: this is enough chicken to make this meal and another meal. If you are only making this meal, use 1 pound chicken.

Preheat oven to 400 degrees F.

Heat oil in a large skillet over medium heat. Add onion and garlic and saute 2 minutes. Add chicken and saute 5 minutes, until golden brown and cooked through. Remove half of the chicken and reserve for another use.

Stir in black beans, green chiles, and salsa and simmer 5 minutes, until sauce thickens and reduces. Remove from heat and stir in cilantro.

Arrange 4 tortillas on a flat surface. Top each tortilla with an equal amount of chicken mixture. Roll up tortillas and place side by side in a shallow baking dish. Top tortillas with shredded cheese (1/3 cup per tortilla).

Bake enchiladas 15 minutes, until cheese is golden and gooey!