

Idiot's Kitchen Recipe – Chicken Enchilada Casserole

Recipe from www.idiotskitchen.com



Ingredients:

- 2 chicken breast halves, baked & shredded*
- 2 Tablespoons Olive Oil
- 1 large onion, sliced
- 2 bell peppers, sliced – I use 1 red and 1 yellow bell pepper
- 2 Tablespoons butter
- 3 Tablespoons flour
- 1 cup chicken broth
- 1 cup milk
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Salt & Pepper
- 1 (4.5 oz) can chopped green chiles
- 1 cup (or more) Pepper Jack cheese, shredded (1/4 cup for sauce, remainder for topping)
- 8-10 ounces baby spinach, roughly chopped
- 1 (14 oz) can pinto beans, drained & rinsed
- 1 (10 oz) can green enchilada sauce
- 12 (or more) corn tortillas, cut in half
- Fresh Cilantro for topping
- Sliced Black Olives (Ripe Olives) for topping
- Sour Cream for Topping

*You can pre-bake chicken breasts by placing 2 chicken breasts on a foil lined sheet pan, drizzling them with olive oil, and seasoning with salt & pepper. Bake at 350 degrees for 35-40 minutes until golden and the juices run clear. Allow the chicken to cool, remove and discard the skin, pull the meat from the bones and shred with your fingers or two forks. You can also use store bought rotisserie chicken.

Preheat the oven to 350 degrees.

Heat 1-2 Tablespoons of olive oil in a large pan over medium high heat. Add 1 large sliced onion and 2 sliced bell peppers to the pan. Sauté until soft and golden brown, about 5 minutes. Remove from the pan and set aside.

In the same pan, melt 2 Tablespoons of butter over medium heat. Stir in 3 Tablespoons of flour and cook 1-2 minutes until a roux or thick paste forms. Gradually add 1 cup of chicken broth and 1 cup of milk and whisk to remove any lumps. Bring the sauce up to a simmer to thicken and then turn the heat down to low so they don't stick. Season with 1 teaspoon chili powder, 1 teaspoon cumin, and salt & pepper to taste.

Add 1 (4.5 oz) can of chopped green chiles and ¼ cup of shredded pepper jack cheese. Roughly chop 8-10 oz of baby spinach and stir it into the sauce so that it wilts. Drain and rinse 1 (14 oz) can of pinto beans and add it to the pan.

Wrap 12 corn tortillas in damp paper towels and warm in the microwave for 20-30 seconds to make them pliable. Cut the tortillas in half.

To assemble the casserole, spray a 9 x 13 inch baking dish with non-stick spray. Pour a thin layer of green enchilada sauce into the bottom of the pan. Save the extra sauce for topping the casserole. Layer the tortilla halves (about 7 or 8 pieces) in the bottom of the pan. Add half of the shredded chicken and half of the spinach bean sauce.

Top with a second layer of tortilla halves. Add all of the sautéed peppers and onions in their own layer and top with a third layer of tortillas. Add the remaining chicken and spinach bean sauce for the final layer. Top with the remaining green enchilada sauce and use a spatula to be sure that all of the edges of the tortillas are covered.

Top the casserole with the remaining 1 cup of shredded pepper jack cheese.

Cover the pan with foil and bake at 350 degrees for 30 minutes. Remove the foil and bake for an additional 10-15 minutes until bubbly and golden brown. For extra crunch, you can run the pan under the broiler for the last minute but be sure to watch it so it does not burn.

Remove the casserole from the oven and allow it to rest for 5 minutes before serving.

Top with chopped fresh cilantro and sliced black (ripe) olives. Add a dollop of sour cream as a bonus.

Serves 6-8 and is great leftover.

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