



CHICKEN ENCHILADAS

Ingredients:

2 lbs chicken breast

1-4 cups water

Chicken Base

Your favorite seasonings (chili powder, cumin, Traeger Chicken Rub, etc.)

1/4 cup onion

1 tsp garlic

1/4 cup butter

1/4 cup flour

1-3 cups chicken broth

4 oz chopped green chilies

8 oz sour cream

16 oz monterey jack cheese (or 8oz monterey jack and 8oz sharp cheddar), shredded

8-10 medium size tortillas (Mi Mama's Taco size)

Instructions:

Cook chicken breast in the pressure cooker with seasonings, chicken base and water. Remove chicken with tongs and set aside to cool. Strain the broth left over for use in the sauce. Preheat oven to 350 degrees.

Make a roux with butter and flour and cook for a minute or two. Whisk in chicken broth gradually, and cook until thickened. Mix in green chilies and sour cream. Stir until warmed and well incorporated.

Chop or shred chicken into a bowl, removing offensive elements. (white goop is protein that is dissolved in water and it's more likely when chicken is frozen.)

Pour 1/2 - 1 cup of sauce into the chicken and stir together. Pour another 1/2-1 cup into the bottom of a 9 x 13 pan.

Put 1/3 cup chicken on a tortilla, sprinkle on cheese, roll and line up in the casserole. Pour remaining sauce over the enchiladas and top with remaining cheese. Bake at 350 degrees for 35 minutes until lightly browned and bubbly.