



Chicken Enchiladas with Sour Cream White Sauce



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Introduction

Chicken enchiladas with sour cream white sauce are a delightful and comforting dish that combines tender chicken, flavorful spices, and a creamy sauce that will leave you wanting more. This recipe is perfect for family dinners or gatherings, offering a taste of traditional Mexican cuisine with a creamy twist. Whether you're an experienced cook or a beginner, this dish is easy to make and sure to impress.

Detailed Ingredients with measures

- Cooked shredded chicken (2 cups)
- Tortillas (8 flour or corn)
- Sour cream (1 cup)
- Cream of chicken soup (1 can, 10.5 oz)
- Chicken broth (1/2 cup)
- Cheddar cheese (2 cups shredded)
- Green onions (1/2 cup, chopped)
- Garlic powder (1 teaspoon)
- Cumin (1 teaspoon)
- Salt and pepper (to taste)
- Olive oil (for greasing)

Prep Time

Preparation time for this delicious chicken enchiladas recipe is approximately 20 minutes. This includes shredding the chicken and prepping the ingredients.

Cook Time, Total Time, Yield

Cook time for the enchiladas is around 25 minutes. The total time to prepare and cook the dish is approximately 45 minutes. This recipe yields about 4 servings, making it an ideal option for a family meal or a small get-together.



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Detailed Directions and Instructions

Preheat the Oven

Preheat your oven to 350°F (175°C).

Prepare the Chicken

In a large skillet over medium heat, cook the shredded chicken until heated through.

Mix the Filling

In a large bowl, combine the cooked chicken, half of the cheddar cheese, and a portion of the sour cream. Mix well to ensure the ingredients are evenly distributed.

Fill the Tortillas

Take a tortilla and place a generous amount of the chicken mixture down the center. Roll the tortilla tightly and place it seam-side down in a greased baking dish. Repeat this process until all tortillas are filled and placed in the dish.

Prepare the White Sauce

In a saucepan over medium heat, melt the butter. Once melted, stir in the flour and cook for about a minute. Gradually add the chicken broth and continue to stir until the mixture thickens. Remove from heat and stir in the remaining sour cream.

Assemble the Dish

Pour the white sauce evenly over the enchiladas in the baking dish.

Sprinkle the remaining cheddar cheese on top.

Bake the Enchiladas

Place the baking dish in the preheated oven and bake for 20-25 minutes, or until the cheese is bubbly and golden brown.

Serve and Enjoy

Once baked, remove from the oven and let cool for a few minutes before serving. Garnish with additional sour cream or chopped cilantro if desired.

Notes

Chicken Options

You can use rotisserie chicken or any leftover cooked chicken for convenience.

Tortilla Choice

Corn or flour tortillas can be used, depending on your preference.

Extra Flavor

Adding diced jalapeños or chopped onions to the filling can enhance the flavor profile.

Storage

Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Freezing Instructions

These enchiladas freeze well; wrap tightly and store in the freezer for up to 2 months.



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Cook techniques

Preparing the Chicken

Cook the chicken until it is fully cooked and tender, allowing it to be easily shredded for the enchiladas.

Making the White Sauce

Combine sour cream, cream of chicken soup, and other seasonings to create a rich and creamy sauce that complements the enchiladas.

Assembling the Enchiladas

Spoon the chicken mixture into tortillas, roll them up tightly, and place them seam-side down in the baking dish.

Baking the Enchiladas

Bake the assembled enchiladas until they are heated through and the sauce is bubbling, ensuring a warm and flavorful dish.

Garnishing

Add optional toppings such as cilantro or green onions for an extra burst of flavor just before serving.

FAQ

Can I use rotisserie chicken for this recipe?

Yes, rotisserie chicken can save time and is a great option for filling the enchiladas.

Can I make these enchiladas ahead of time?

Yes, you can assemble the enchiladas in advance and refrigerate them until you are ready to bake.

What can I substitute for sour cream?

Greek yogurt is a good substitute for sour cream and will still provide a creamy texture.

Can I freeze chicken enchiladas?

Yes, you can freeze the unbaked enchiladas, just make sure to cover them well to prevent freezer burn.

What toppings pair well with chicken enchiladas?

Popular toppings include shredded cheese, avocado, salsa, and chopped cilantro.



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Conclusion

Enjoying chicken enchiladas with sour cream white sauce offers a delightful combination of flavors and textures that can elevate any meal. This dish not only highlights the richness of chicken but also complements it with a creamy, tangy sauce, making it a favorite among many.

More recipes suggestions and combination

Vegetarian Enchiladas

Swap out the chicken for a mix of beans, cheese, and vegetables for a delicious and hearty vegetarian option.

Chicken and Spinach Enchiladas

Incorporate fresh spinach into the filling for added nutrition and a pop of color.

Buffalo Chicken Enchiladas

Mix shredded chicken with buffalo sauce for a spicy twist on traditional enchiladas.

Cheesy Beef Enchiladas

Use ground beef with a cheesy filling for a rich and savory alternative.

Mushroom and Cheese Enchiladas

Sauté mushrooms and combine them with cheese for a tasty meatless version.

Chicken Enchilada Pasta Bake

Transform the enchilada ingredients into a pasta bake for a comforting twist on the classic.

Slow Cooker Chicken Enchiladas

Prepare enchiladas in a slow cooker for an easy and convenient meal option.

Breakfast Enchiladas

Fill enchiladas with scrambled eggs, cheese, and veggies for a delicious breakfast choice.





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