



Chicken Enchiladas with Sour Cream White Sauce

Introduction

Chicken enchiladas are a beloved dish in many homes, combining the flavors of tender chicken, savory seasonings, and rich sauces. The traditional Mexican dish has become a staple in households all over the world. The creaminess of the sour cream white sauce adds a unique twist to the dish, making it ideal for family dinners or gatherings with friends. If you are looking for a recipe that is easy to prepare yet bursting with flavor, these chicken enchiladas with sour cream white sauce will undoubtedly satisfy your cravings.

In this article, we will delve into the detailed preparation and cooking process for these delectable enchiladas. Additionally, we'll cover tips,

techniques, and variations to enhance your cooking experience. Enjoy a delightful culinary journey as we explore this mouthwatering recipe.

Detailed Ingredients

Chicken breasts are the star protein for this recipe. Choose boneless and skinless varieties for easier handling and cooking.

Corn tortillas serve as the base of the enchiladas. They are the perfect vessel to hold the delicious chicken filling along with the creamy sauce.

Sour cream brings creaminess to the sauce and a subtle tang that balances the dish beautifully.

Cream of chicken soup acts as a base for the white sauce, adding depth of flavor while keeping everything moist.

Sharp cheddar cheese is essential for that gooey texture when melted over the enchiladas.

Chopped onion provides a subtle sweetness and additional flavor to the filling.

Garlic powder enhances the savory profile of the dish with its aromatic touch.

Cumin introduces an earthy depth, making the enchiladas more fragrant and flavorful.

Chili powder adds just the right amount of spice to awaken the senses without being overwhelming.

Salt ensures that all of the flavors come together harmoniously.

Pepper adds a gentle warmth that complements both the chicken and the sauce.

Fresh cilantro can be used as a garnish, adding freshness and a pop of color.

Prep Time

Prep time for this chicken enchilada recipe typically takes about 20 to 30 minutes. This includes slicing and preparing the ingredients, as well as assembling the enchiladas. While it might seem like a lot of work, it is a straightforward process that yields delicious results.

See also Five Layer Dip

Cook Time, Total Time, Yield

The cook time for chicken enchiladas is approximately 25 to 30 minutes. This allows enough time for the enchiladas to bake and for the cheese to melt beautifully.

In total, from prep to finish, you can expect to spend about an hour preparing this dish. If you're looking to serve a crowd, this recipe yields approximately 8 servings, making it perfect for family meals or potlucks.

Detailed Directions and Instructions

Step 1: Preheat the Oven

To start your chicken enchiladas, preheat your oven to 350°F (175°C). This ensures that your enchiladas are cooked evenly and thoroughly.

Step 2: Cook the Chicken

In a pot, add water along with the chicken breasts. Bring to a boil and let the chicken cook for about 15 to 20 minutes until fully cooked. Once done, remove the chicken from the pot and shred it using two forks or a hand mixer for an easier method.

Step 3: Mix the Filling

In a bowl, combine the shredded chicken with half of the sour cream, onion, garlic powder, cumin, chili powder, salt, and pepper. Mix everything thoroughly until evenly distributed.

Step 4: Prepare the White Sauce

In another bowl, blend the remaining sour cream with the cream of chicken soup until smooth. This will serve as a creamy layer for the enchiladas.

Step 5: Fill the Tortillas

Take each corn tortilla and fill it with a generous portion of the chicken mixture. Roll them tightly and place them seam-side down in a greased baking dish.

Step 6: Add the Sauce

Once all the tortillas are filled and placed in the dish, pour the white sauce mixture over the top. Ensure every enchilada is well-coated for maximum flavor and creaminess.

See also Turkey and Broccoli Meatloaf

Step 7: Top with Cheddar Cheese

Sprinkle the sharp cheddar cheese generously over the sauced enchiladas. The more cheese, the better for that gooey finish!

Step 8: Bake the Enchiladas

Cover the baking dish with aluminum foil and bake in the preheated oven for about 20 minutes. After that, remove the foil and bake for an additional 10 minutes, or until the cheese is bubbly and golden brown.

Step 9: Garnish and Serve

Once cooked, allow the enchiladas to cool slightly before garnishing with fresh cilantro. Cut them into portions, serve warm, and enjoy your delicious chicken enchiladas!

Notes

Ingredient Variations

Feel free to experiment with different proteins. Shredded beef, turkey, or even beans for a vegetarian option can work wonderfully in this recipe.

Storing Leftovers

Leftover enchiladas can be stored in an airtight container in the fridge for up to 3 days. To reheat, simply place them in the oven until warmed through.

Freezing Tips

You can freeze the assembled but unbaked enchiladas. Just cover them

tightly with plastic wrap and then aluminum foil. They can be baked straight from the freezer, adding 10 to 15 minutes to the cooking time.

Cook techniques

Shredding Chicken

To shred cooked chicken quickly, use a hand mixer on low to pull apart the meat effortlessly. Alternatively, two forks can also work well for shredding.

Making Creamy Sauce

Mixing the sour cream with cream of chicken soup creates a seamless sauce that combines flavors wonderfully. Ensure there are no lumps for the best texture.

Even Baking

Covering the baking dish with aluminum foil at first helps retain the moisture, ensuring the tortillas and filling cook evenly without drying out.

FAQ

Can I make chicken enchiladas in advance?

Yes, you can assemble the enchiladas a day ahead and store them in the fridge. Just bake them before serving.

See also [Big Mac Casserole](#)

What can I serve with chicken enchiladas?

These enchiladas go great with sides like Mexican rice, refried beans, or a fresh garden salad.

Can I use flour tortillas instead of corn tortillas?

Yes, while traditional enchiladas use corn tortillas, flour tortillas can be used if preferred for taste and texture.

Are these enchiladas spicy?

The spice level can be adjusted by altering the amount of chili powder used in the recipe. For a milder flavor, reduce the chili powder.

Conclusion

Making chicken enchiladas with sour cream white sauce is a delightful culinary experience that yields a dish full of flavor and comfort. From the rich chicken filling to the creamy sauce that coats each tortilla, these enchiladas create a wholesome meal that is sure to please everyone at the table. With the tips and instructions provided, you can confidently prepare this dish and impress your family and friends.

Every bite promises a blend of flavors and textures that embody the heart of good home cooking. Whether it's for a special occasion or a simple weeknight meal, chicken enchiladas are always a hit.

More recipes suggestions and combination

Spanish Rice

Serve your enchiladas alongside a plate of fluffy Spanish rice. The

flavors will complement each other perfectly and make for a complete meal.

Guacamole and Chips

A side of fresh guacamole and tortilla chips enhances the dining experience, adding a crispy texture along with rich flavors.

Mexican Street Corn

Pair your enchiladas with Mexican street corn for a creamy, tasty addition that takes the meal to the next level.

Salsa Verde

Offering a tangy salsa verde on the side can elevate the flavor of your enchiladas and provide an added kick.

Refried Beans

Refried beans are a classic accompaniment that pairs well with enchiladas, providing additional protein and heartiness to the meal.

With this guide, you're all set to create unforgettable chicken enchiladas with sour cream white sauce that will leave a lasting impression. Happy cooking!