

# *Healthy* **CHICKEN ENCHILADA**



# Chicken Enchilada

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## INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 medium red bell pepper, seeded and diced
- ¼ teaspoon kosher salt
- 2 cups shredded chicken, from Slow Cooker Enchilada Chicken, Slow Cooker Whole Chicken, or store-bought rotisserie chicken
- 1 (15-oz) can black beans, drained and rinsed
- 1 ½ cups red enchilada sauce
- 8 corn tortillas, sliced into 2-inch pieces
- 1 cup Mexican cheese blend, divided
- ¼ to ½ cup chicken broth



# METHOD

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- 01** Heat a large 10-inch skillet over medium heat. Add the olive oil, onion, bell pepper, and salt, stirring to combine. Cook until the onion is translucent, about 5-7 minutes, stirring occasionally.
- 02** Turn the heat to medium low, then add the chicken, black beans, enchilada sauce, tortilla pieces,  $\frac{1}{2}$  cup cheese, and  $\frac{1}{4}$  cup chicken stock, stirring until well combined.
- 03** Cook on low for 3-5 minutes, or until the sauce has thickened and the tortillas have softened. If the pan starts to dry out too quickly, add an additional  $\frac{1}{4}$  cup chicken broth.
- 04** Turn off the heat, then sprinkle with the remaining  $\frac{1}{2}$  cup of cheese. Allow to sit for about 5 minutes for the cheese to melt.
- 05** Serve with toppings of your choice.

*Enjoy!!*