

# Chicken Enchiladas with Salsa Verde and Guacamole

Chef *Andy* of Ru's Pierogi

RECIPE MAKES: 13 SERVINGS

## INGREDIENTS

- ♥ 4 chicken breasts, boneless, skinless
- ♥ 15 oz. can of salt free black beans, rinsed
- ♥ 2 small white onions, sliced
- ♥ 1 red bell pepper, sliced
- ♥ 8 oz. cheddar jack cheese
- ♥ 13 tortilla shells, soft
- ♥ 1 lb. tomatillo, clean and quartered
- ♥ 2 poblano peppers seeded, chopped
- ♥ 3 cloves garlic, chopped
- ♥ 1 onion, chopped
- ♥ Cumin, salt, pepper, and sugar to taste
- ♥ 2 ripe avocados
- ♥ 2 oz. sour cream
- ♥ 4 cherry tomatoes, diced
- ♥ 2 oz. cilantro
- ♥ 1 lime
- ♥ 1/8 cup red onion, finely diced

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(268g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>360</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	<b>0%</b>
Calcium 159mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 574mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PREPARATION

### Salsa Verde Mixture:

1. Heat oven to 400°F, place poblanos, onions and garlic on oiled baking sheet pan. Roast the veggies for 35 minutes until cooked and a little charred
2. Peel, clean, and quarter the tomatillos. Place in a sauce pot with a little olive oil and cook for 30 minutes on medium, stirring often. Mixture will cook down into a sauce like mixture, take the roasted veggies and add them to the sauce
3. Bring the new mix and 2 cups of water to a boil, turn down and simmer for 5 minutes
4. Shut off and blend all of the mixture in a blender to form a smooth sauce, add a little salt, cumin and very little sugar

### Chicken Stuffing:

5. Place chicken breasts in the crock pot, season with cumin, garlic powder, and adobo, cover with sliced onions and peppers
6. Cover and cook on high for 2 hours
7. When done, take two forks and shred the chicken apart
8. Add cheese and beans, stir to combine
9. Take out tortilla shells, stuff and roll into enchiladas. Place in baking dish that has sauce on the bottom and cover with more sauce and bake at 350°F for 35 minutes
10. Take out of the oven and garnish with cilantro and crumble cojita cheese if desired

### Guacamole:

11. Scoop avocado into mixing bowl and mash up
12. Add sour cream, tomato, onion, lime juice, and cumin
13. Stir to combine
14. Place avocado pit back in the mixture and cover until ready to serve → the pit will help it from turning dark brown and instead maintain its lovely green color

