Foodnity Recipes

Chicken Enchiladas With Homemade Red Enchilada Sauce

Tender chicken wrapped in soft tortillas, smothered in a rich, homemade red enchilada sauce, and baked to

20 min	30 min	50 min	6	Medium	Mexican
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

For the Chicken Filling

- [ ] 2 lbs boneless, skinless chicken breasts
- [ ] 1 small onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp cumin
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1 cup chicken broth

For the Red Enchilada Sauce

- [ ] 3 dried ancho chili peppers
- [ ] 2 dried guajillo chili peppers
- [ ] 2 cups chicken broth
- [ ] 2 cloves garlic
- [ ] 1/2 small onion
- [ ] 1 tsp cumin
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp salt
- [ ] 1 tbsp olive oil

For Assembly

- [ ] 12 corn tortillas
- [ ] 2 cups shredded Monterey Jack cheese
- [ ] 1 cup shredded cheddar cheese
- [ ] 1/4 cup chopped cilantro
- [ ] 1/2 cup diced onion
- [ ] 1 avocado, sliced (for garnish)
- [ ] Lime wedges (for serving)

Instructions

1. Poach the chicken: In a large pot, combine chicken breasts, diced onion, minced garlic, cumin, salt, pepper, and chicken broth. Bring to a simmer and cook for 15-20 minutes, until the chicken is tender. Shred the chicken using two forks and set aside.

2. Make the sauce: Remove stems and seeds from the dried chili peppers. Heat a dry skillet over medium heat and toast the peppers for 1-2 minutes per side until fragrant. Soak the peppers in hot water for 10 minutes to soften.

3. Blend the sauce: In a blender, combine the soaked chili peppers, garlic, onion, cumin, oregano, salt, and chicken broth. Blend until smooth. Strain the sauce through a fine-mesh sieve to remove any solids.

4. Cook the sauce: Heat olive oil in a saucepan over medium heat. Pour in the blended sauce and simmer for 10 minutes, stirring occasionally, until thickened.

5. Assemble the enchiladas: Preheat the oven to 375°F (190°C). Warm the tortillas in a dry skillet or microwave to make them pliable. Dip each tortilla in the sauce, then fill with shredded chicken and a sprinkle of cheese. Roll tightly and place seam-side down in a baking dish.

6 Bake: Pour the remaining sauce over the enchiladas, then sprinkle with the remaining cheese. Bake for 20 minutes, until the cheese is melted and bubbly. Garnish with cilantro, diced onion, avocado, and lime wedges before serving.

Nutrition per serving

450 kcal	35 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, add a bay leaf to the chicken broth while poaching.
- If the sauce is too thick, thin it with a little chicken broth.
- To make ahead, assemble the enchiladas, cover, and refrigerate for up to 24 hours before baking.