

How to make enchiladas

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In a couple of hours it will be time for dinner. If you're anything like me, you'll probably stand in the middle of the kitchen or stare at the fridge aimlessly, thinking about what you can come up with tonight. When looking for a delicious, quick and easy dinner. I have a solution for you. Make Enchiladas! They only take about an hour and a half to make, and are something the whole family will enjoy. I'll tell you how to make Easy Enchiladas and you decide if it makes you hungry or not. Before cooking anything it is always best to wash your hands and any countertops or cutting boards that you will place food on.

Some quick preparation that can be done before starting; is thawing out the chicken ahead of time to make cooking time shorter, shred cheese if needed but I like to use the pre shredded cheese, open the Enchilada sauce cans, and pre heat your oven to about 350. All the supplies you will need are pretty inexpensive. My recipe makes about twenty enchiladas. The food items you will need are: 5 Boneless skinless chicken breasts, 2 cans of La Victoria enchilada sauce, one bag of any medium cheddar cheese (about 8 cups if shredding by hand) and twenty corn tortillas.

Utensils needed are a big pot to boil the chicken in, a strainer, two bowls (one big and one small), can opener, big spoon, and a baking pan to fit the enchiladas in. Once you have all the supplies and prep done, now you are ready to start making the enchilada filling. First you will want to fill your big pot about three quarters of the way full with water and bring it to a boil. When the water starts to boil you can add the chicken breast. Be careful because the pot and water are extremely hot and may splash back up at you.

You will want to let the chicken boil for about forty-five minutes to one hour. I check if the chicken is cooked all the way through by cutting a breast in half and making sure there is no pink in the meat. When the chicken is done, you will want to strain the water from the chicken (being cautious again from the steam coming off the chicken and out of the pot, VERY HOT! I have burned myself many times straining chicken.) Let your chicken cool down for about fifteen minutes to make it easier to handle. Once it's cool to touch, you can then hand shred it.

Basically just take a piece and start pulling it a part into bite size strands. Put it in a big bowl and add one and a third of cans of the Enchilada sauce to your chicken and mix. Your filling is now done. Next you will want to wrap twenty corn tortillas in a cloth and microwave for two to two and a half minutes (just until they are soft). You can now put the rest of the leftover enchilada sauce into the small bowl for tortilla dipping. Dip a tortilla into the sauce and make sure it has a good amount all over. This is done to give the tortillas that enchilada kick.

Set your tortilla down in the baking pan and put a spoon full of the Enchilada filling on top along with a pinch of cheese. Roll up the enchilada as you would a taco or a burrito. Repeat dipping, adding chicken and cheese, and rolling of enchiladas; placing the enchiladas side by side, until the whole baking pan is full. Now for the best part! Add as much cheese to the top of the enchiladas as you'd like. (I usually add a smaller layer over the whole thing). Crank your oven up to 375-400 and put the enchiladas (uncovered) in.

Watch them carefully because some cheese melts faster than others. Leave them in the oven for about 15 minutes. Just depending on when the cheese starts to melt or turn golden brown. You can now take your enchiladas out and let them cool down because they should be pretty hot. Serve them to your family and watch them enjoy. This is a quick and easy recipe that I have adapted from my grandmas recipe, to make it an Easy enchilada dinner. I hope that you now will go home and try making them yourself, their pretty good! Thank you for your time.