

Skillet Enchiladas with Chicken and Black Beans – Alison Mountford



By Chef Alison Mountford – for RINewsToday.com

ACTIVE TIME - 15

TOTAL TIME - 30

Enchiladas taste incredible but they can be time consuming to roll up. This one-pot meal hits all of the notes but comes together effortlessly! You can assemble this ahead of time, too, and simply pop in the oven to heat for dinner. If you have leftover chicken, use that here instead of cooking it from scratch.

INGREDIENTS

- 1/2 pound chicken breast, cubed or leftover and shredded
- 1 teaspoon canola oil
- 1 teaspoon kosher salt
- 1 red bell pepper, diced
- 1 zucchini, diced
- 12 ounce can red enchilada sauce (like Hatch)
- 1 can black beans, drained
- 9 corn tortillas (4 to 6 inches, doesn't matter too much)
- 2 cup Monterey jack cheese or cheddar blend, shredded
- 1 whole tomato, (diced for garnish)
- 1 cup cilantro, (diced for garnish)
- 1 avocado, (diced for garnish)
- 3 Tablespoons sour cream (for garnish - optional)

INSTRUCTIONS

PREHEAT THE OVEN TO 400 DEGREES

* If you don't have a sauté pan that can go in the oven, use a small casserole dish - an 8" square or a 5 x 9" size*

Dice the chicken into small $\frac{1}{3}$ inch cubes. Heat a large oven safe sauté pan (14" or 16" - a cast iron, or a regular sauté pan) over high heat. Add the oil and chicken, add salt; cook until browned on both sides, about 5 minutes.

Add the veggies to the pan and cook for 2-4 minutes.

Add the enchilada sauce and the can of beans. Bring to a simmer; stir.

Stack 9 tortillas and slice into strips about $\frac{1}{2}$ " wide, then cut in half. Add them to the pan a few at a time and gently stir to coat each tortilla with sauce. Then add more until they're all incorporated. Stir in about half of the cheese.

Gently press everything into an even layer and top with the remaining cheese and transfer to the oven.

Bake in the oven for 15 minutes or until it's hot and bubbly. Let cook for about 5 minutes then top with tomato, cilantro, avocado, and sour cream to taste.