

Homemade Shredded Chicken Enchiladas

Ingredients:

2 medium to large chicken breast

2 cans Enchilada Sauce (Mild)

1 pack Flour Tortillas

1 small onion (diced)

1 small Green Pepper (diced)

1 tbsp. (15 grams) Salt

2 tbsp. (30 grams) Pepper

1 tbsp. (15 grams) Red Pepper Flakes

1 pack 4 Cheese Mexican Cheeses

Materials Needed:

1 small to medium sized sauce pan

2 medium (1 large) oven safe baking dish

1 small bowl

1 c. (225 grams) white distilled vinegar (or lemon juice)

4 tbsp. (60 grams) butter for greasing your baking dish

Directions:

1. **Organize, Clean and Poach:** The first step in any of this is first to organize your ingredients. (Make sure you have about 1 1/2 (150 grams) cups of cheese saved to the side to sprinkle over the enchiladas before you put them in the oven.) Then follow with cleaning your chicken. In a small to medium size bowl pour about 1 cup (225 grams) of white distilled vinegar (or lemon juice) and 1 cup (225 grams) of water followed by the chicken and proceed to clean it. Simply rinse it around and then rinse it in water. After you've cleaned your chicken add the salt, pepper and red flakes (this may seem like a lot of salt and pepper but it's worth it) in your sauce pan and pour one can of your enchilada sauce into the sauce pan along with the chicken. On about medium-high heat, poach your chicken for 45 minutes to an hour. (To make sure your chicken is fully cooked put a meat (or digital) thermometer to the thickest part of the chicken, if it reads 165F/74C or higher it is fully cooked. Once the meat is fully cooked, allow it to cool down and proceed to shred it with two forks simply pulling it apart.

2. **Stop, Chop and Mix it:** Dice up your onion and green pepper into the size of your choosing. These are meant to be raw but if you want to roast or grill them there are directions below:
 - a. **To Roast:** In a 400F/205C oven put your onion and pepper into a cookie sheet and let it roast for about 15 to 25 minutes.
 - b. **Grilled:** On your grill (indoors or out) oil your surface once hot and grill your onions and peppers for about 3 minutes on each side, check after 1 minute depending on thickness.
3. **Assembly is Required:** Once your chicken has been poached and shredded and your vegetables are chopped and maybe cooked begin to assemble; you also want to grease your baking dish with butter to stop any sticking.
 - a. Pour some of your second can of enchilada sauce on the bottom of your baking dish, enough to cover the bottom.
 - b. Take a tortilla and fill with chicken, the amount is your decision but make sure you have enough to fill 8 to 10 tortillas; follow this by your onion, pepper and cheese, once again the amount is your decision.
 - c. Once your tortilla is filled begin to roll it up like a cinnamon roll. Put your enchilada in your baking dish and continue with the rest. Once again this should make about 8 to 10 individual enchiladas.
 - d. Once all your enchiladas have been made pour the remaining enchilada sauce over the enchilada tortillas and sprinkle some left over cheese (and onion and peppers if you prefer) over the sauce.
4. **Bake & Enjoy:** Put your dish in the oven on 350F/180C for 15 to 20 minutes, check after 15. Let it cool down for about 15 minutes and proceed to eat the deliciousness that is this shredded chicken enchiladas.