

# Chicken and Black Bean Enchiladas with Goopy Jack Cheese

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<b>Prep Time:</b>	10 min	<b>Level:</b>
<b>Inactive Prep Time:</b>	0 min	Easy
<b>Cook Time:</b>	30 min	
<b>Serves:</b>	4 servings (plus enough chicken for another meal)	



## Ingredients

- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 pounds boneless, skinless chicken breasts, cut into 1-inch pieces \*see cook's note
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (4-ounce) can diced green chiles
- 1/3 cup prepared salsa, mild, medium or hot
- 2 tablespoons chopped fresh cilantro leaves
- 4 (8-inch) flour tortillas
- 1 1/3 cups shredded Monterey jack and or Cheddar
- \*Cook's note: this is enough chicken to make this meal and another meal. If you are only making this meal, use 1 pound chicken.

## Directions

Preheat oven to 400 degrees F.

Heat oil in a large skillet over medium heat. Add onion and garlic and saute 2 minutes. Add chicken and saute 5 minutes, until golden brown and cooked through. Remove half of the chicken and reserve for another use.

Stir in black beans, green chiles, and salsa and simmer 5 minutes, until sauce thickens and reduces. Remove from heat and stir in cilantro.

Arrange 4 tortillas on a flat surface. Top each tortilla with an equal amount of chicken mixture. Roll up tortillas and place side by side in a shallow baking dish. Top tortillas with shredded cheese (1/3 cup per tortilla).

Bake enchiladas 15 minutes, until cheese is golden and gooey!