

# Skillet Chicken Enchiladas



Ready in 30 minutes

## Ingredients

- 5-6 chicken breast tenderloins
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 tsp dried oregano

- 2 TBS olive oil
- 1/2 cup chopped yellow onion
- 1 red bell pepper
- 1 orange bell pepper
- 1 poblano pepper
- 1 cup chicken broth
- 2 TBS flour
- 1 can black beans, rinsed and drained
- 4 oz softened cream cheese (full or reduced fat)
- One small can green chiles (about 3 oz)

- 5-6 corn tortillas cut or torn into strips
- 1 cup shredded pepper jack or cheddar cheese
- 1 fresh jalapeño, thinly sliced (optional for topping)
- Fresh pico de gallo (optional)
- Avocado (optional)
- Cilantro (optional)
- Sour cream (optional)

## Preparation

1. **Preheat the broiler to high. Heat the olive oil on medium-high heat in a 12 inch cast iron skillet. Toss the chicken in the spices and add to the skillet. Sauté for 4-5 minutes or until done on each side, then remove the chicken from the skillet and set aside**
2. Chop onion and peppers and add to the skillet, sauté until soft, about 10 minutes. Add in a little more olive oil if you think things look like they need a little moisture! Add the flour to the veggies and stir to evenly coat. Add the chicken broth and stir, being sure to scrape up any delicious brown bits left over from the chicken! Let the sauce thicken on medium-high heat about 3-4 minutes. Now is the time to get your cooled chicken, cut it into chunks, and add it back in!
3. **Next add the cream cheese. After the cheese has melted, throw in the black beans and chilies, stir to combine and then turn off the heat.**
4. **Cut or tear up the tortillas and drop them on top of the chicken/pepper/bean mixture. I like to stir it in slightly, but laying it on top is fine as well. Sprinkle the cheese on top, drop in the jalapeños, and you've got a one skillet dinner!**
5. Place the skillet under the broiler for about 5 minutes until the cheese is melted and golden, and you get some nice, crunchy brown bits on the tortillas.
6. Let cool slightly and then serve it up! Top with fresh pico, some sour cream, cilantro, avocado, and a little fresh-squeezed lime are my go-to toppings for this fiesta. And chips of course!

## Tips

Pairs well with a margarita. Enough said.