



*Perfect recipe  
for collective kitchens*

# Chicken Enchiladas



**To calculate the amount needed for each ingredient:** Amount of the basic recipe X Number of recipes = Total Amount

Ingredient	Amount	Number of recipes	Total amount
Olive oil	15 ml (1 tbsp.)		
Garlic cloves, chopped	2		
Cooked chicken, shredded	500 ml (2 cups)		
Red or black beans, drained and rinsed	1 can (540 ml)		
Frozen corn kernels	250 ml (1 cup)		
Cumin	2 ml (½ tsp.)		
Sour cream	125 ml (½ cup)		
Cheddar cheese, grated	250 ml (1 cup)		
Package medium wheat flour tortillas	1		
<b>For the sauce</b>			
Canola oil	30 ml (2 tbsp.)		
All-purpose flour	30 ml (2 tbsp.)		
Chili powder	30 ml (2 tbsp.)		
Water	250 ml (1 cup)		
Tomato paste	3 oz		
Cumin	2 ml (½ tsp.)		
Garlic powder	2 ml (½ tsp.)		
Cayenne pepper	1 ml (¼ tsp.)		
Salt	2 ml (½ tsp.)		

**PREPARATION 1 HOUR  
COOKING 1 H 15 MIN  
SERVINGS 4 to 6**

## Preparation

- Preheat the oven to 350 °F.
- In a saucepan, brown the garlic in the oil over medium heat for one minute.
- Add the kidney beans, chicken, corn kernels and cumin and mix well. Remove from the heat and stir in the sour cream and Cheddar.
- Place about 1/3 cup of mixture onto each tortilla and roll up tightly. Place the tortillas in a 9 x 13-inch baking dish.
- Put the oil, flour and chili powder in a medium saucepan. Cook over medium heat while whisking. Whisk constantly as the mixture starts bubbling, and cook for one minute.
- Add the water, tomato paste, cumin and cayenne pepper. Whisk until the mixture is smooth. Bring the sauce to a boil and allow it to thicken slightly. Add salt, to taste.
- Pour the sauce over the tortillas in the dish. Bake for 40 minutes or until the tortilla edges are golden brown and crispy.