

Slow Cooker Chicken Enchiladas Recipe



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Let's pause the portion talk and add a WHAT do I portion ...
RECIPE!!!!

Slow Cooker Cheesy Chicken Enchiladas Recipe

This house smells AMAZING when we cook this, one of Jamie and My favs!

You'll be glad that this recipe makes 10 hearty servings – 1.5 cup is a serving with a small salad on the side if you want more!

It's so good, you might want to eat the leftovers for breakfast (like I do). It tastes amazing topped with a sunny side-up egg, or any egg! (Scrambled, egg cups, omelet, boiled eggs (well that may be stretching it))

Total Time: 3 hrs. 28 min.

Prep Time: 15 min.

Cooking Time: 3 hrs. 13 min.

Yield: 10 servings, about 1 cup each

Ingredients

- 1 tsp. olive oil
- 1 medium onion chopped
- 2 cloves garlic finely chopped
- 2 medium jalapenos seeded and deveined, finely chopped
- 1 lb. raw ground chicken breast
- 1½ cups dry farro rinsed
- 1 (15-oz.) can black beans rinsed, drained
- 1 cup frozen corn
- 1 (15-oz.) can diced fire roasted tomatoes (or diced tomatoes) no salt added
- 1 cup water
- 1 (10-oz.) can red enchilada sauce
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 tsp. ground coriander
- Sea salt (or Himalayan salt) and ground black pepper to taste; optional
- 1 cup shredded jack, cheddar, or Mexican blend cheese
- 3 medium green onions chopped
- ¼ cup finely chopped fresh cilantro



Instructions

1. Heat oil in medium nonstick skillet over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is soft.
3. Add garlic and jalapenos; cook, stirring frequently, for 1 to 2 minutes, or until jalapenos are soft.
4. Add chicken; cook, stirring frequently, for 5 to 6 minutes, or until chicken is cooked through.
5. Place chicken mixture, farro, beans, corn, tomatoes, water, enchilada sauce, chili powder, cumin, and

coriander in a 3-quart slow cooker; mix well and cover. Cook on high for 3 hours, or until liquid has been absorbed, and farro is tender.

6. Remove lid and stir mixture. Season with salt and pepper if desired. Add cheese; mix well. Cover until cheese has melted.
7. Top with green onions and cilantro; serve. (I served it over cauliflower rice)

21 Day Fix Recipe Containers

1 Green

$\frac{1}{2}$ Red

2 Yellow

$\frac{1}{2}$ Blue

Recipe reprinted from Beachbody On Demand