Slow Cooker Chicken and Peruvian Bean Enchilada

Description



At the top of my list is a version of slow-cooker peruvian bean enchiladas I tried from TheKitchn a while back. Simple, not fussy, comforting, big-on-taste, hearty, filling and inexpensive, these enchiladas deliver a lot for the small amount of work behind them. They were just what I needed and wanted.

I've made this same recipe both in the slow-cooker and the oven. You get a more ‘authentic' enchilada texture from oven-baking them, but they're ever so good in the slow-cooker. The tortillas soak up everything and get all salsa-fied and still get some crispy edges where they come in contact with the side of the slow-cooker. The instructions specify to cook the enchiladas in the slow-cooker for two to four hours, and I've settled on about three hours as my preferred time. Closer to two hours yields a firmer tortilla while cooking it closer to four hours creates a much softer tortilla… almost fall-apart soft. When I let mine go the full four hours, I ended up with a texture that was more like enchilada casserole. It was still delicious, it was just different.

Whichever way you prefer to go, you'll get a serious dose of delicious comfort for your minimal efforts. The enchiladas dress up nicely, if -unlike me- you're serving dinner in something other than yoga pants with tissues stuffed in the waistband. On the other hand, they sit beautifully in a bowl that you can cradle in your lap while sitting on the couch watching BBCAmerica broadcasts.

Authentic? Maybe not, but these gooey, bursting-at-the-seams, simple to pull together, slow-cooker enchiladas are packed with delicious peruvian beans, moist chicken, corn, and spices. Salsa delivers the saucy punch and loads of melted, oozy cheese makes it the perfect comforting dish for days when you're short on time.

Summary

Yield: 6
Source: Foodie With Family
Prep Time: 3 hours
Category: Poultry
Cuisine: American

Ingredients

- 1 onion diced
- 1 bell pepper finely diced
- 16 oz can peruvian beans
- 2 cup frozen corn
- 2 cup cooked shredded chicken
- 1/4 cup cilantro chopped
- 2 clove garlic minced
- 1 tbsp plus 2 tsp. chili powder
- 2 tsp cumin
- 2 tsp salt
- 3 cup mexican cheese shredded
- 3 jar 16 oz. of your favorite salsa or enchilada sauce
- 24 corn tortillas

Instructions

Mix together the onion, pepper, black beans, corn, chicken, cilantro (if using), garlic, spices, and 1 cup of the cheese in a mixing bowl.

Pour one full jar of the salsa into the bottom of the slow-cooker and spread it evenly with a spatula.

Dampen a tea towel, wrap 12 of the tortillas in it and microwave for about 30 seconds, or until the tortillas are flexible and warm.

Working with one tortilla at a time, scoop about 1/3 cup onto the tortilla, roll it tightly and place it firmly against the edge of the slow-cooker, seam side down.

Repeat this with another tortilla, nestling it against the enchilada that is already in the slow-cooker.

Continue filling, rolling and nestling the enchiladas until the bottom of the slow-cooker is covered.

Spread another jar of salsa over the enchiladas and top it with another cup of cheese.

Create a second layer of enchiladas with the remaining tortillas and filling.

Pour half of the last jar of salsa evenly over the top.

With the lid in place, cook on HIGH for 2-4 hours.

15 minutes before the enchiladas are done, sprinkle with the remaining 1 cup of cheese, letting it cook just until the cheese is melted.

Serve the hot enchiladas with chopped cilantro and the remaining salsa.

Store leftovers, tightly wrapped, in the refrigerator for up to a week.

Note: These are equally good (and maybe even a touch better, texture-wise) when baked in a 400°F oven covered with foil for about 20 minutes. Simply hold off on the last bit of cheese until you remove the foil, return it to the oven and bake 'til the cheese is bubbly.

Notes

Optional:
sour cream
additional chopped fresh cilantro for garnish
avocado slices or cubes