Slow Cooker Chicken Enchiladas

Ingredients

- 1 lb. / 500g chicken breasts
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 16 oz. fresh salsa
- 3 tablespoons taco seasoning
- ½ cup water
- 12 small corn tortillas
- 1 cup shredded cheddar cheese

Suggested Toppings

- 1 avocado, diced
- ¾ cup low fat sour cream
- Fresh cilantro

Making it

1. Put the first 6 ingredients in a crockpot. Add ½ cup water or more if you want more sauce. Cook on high for 3 hours (or longer on the low setting) until chicken is cooked through. Use 2 forks to shred the chicken and mix everything together.
2. Preheat the oven to 400 degrees. Soften the corn tortillas in the microwave, 3 at a time, for about 25 seconds. Fill them with a few tablespoons of filling, roll once, and place seam-side down in a large baking dish or 2 smaller baking dishes. Sprinkle evenly with the shredded cheese and bake for about 15-20 minutes.
3. Remove from oven and cover with toppings of your choice.

NUTRITION FACTS

Servings: 6
PER SERVING
Calories (kcal): 357
Fat (g): 11
Carbohydrate (g): 38
Fibre (g): 8.7
Protein (g): 28.5

TIPS & HINTS

The tortillas will break apart if they aren’t warmed up prior to rolling.