

# Olga's Enchiladas (edited by Chef Jen, RDN/LDN)

## Ingredients:

### Meat-

- 1 lb ground chicken or turkey OR chicken breasts (if using chicken breast, cut in half through the center, butterfly style for shredded; or diced if not)
- 1 clove garlic, minced
- 2 tbsp olive oil
- 1 ½ cups water
- 1 tsp dried oregano
- ½ tsp salt
- 1/8 tsp cumin

### Sauce-

- ½ cup chopped onion
- 2 tbsp unsalted butter
- 2 Tbsp chili powder
- 1 tsp salt
- 1 can, 28 oz, diced or petite diced tomatoes
- 1 can condensed, low sodium tomato soup
- 1 can, 8 oz, no salt added tomato sauce
- 1 cinnamon stick
- 2 whole cloves
- 1 tsp sugar
- 3 Tbsp Olive Oil

### Tortillas-

- 1 cup flour
- ½ cup cornmeal
- ½ tsp salt
- 1 2/3 cup nonfat milk
- 1 egg
- Butter or olive oil for lightly greasing the pan

## Preparation:

1. **Start the sauce** first: over medium heat in a medium sized stock pot, melt butter and add ½ cup onion. Sauté until softened and starting to turn translucent. Remove from heat, sprinkle over chili powder and salt, stir well. Return to heat. Add canned tomato products, cinnamon stick and cloves, stir well. (Save sugar and oil for later step). Cover for ~10 minutes, then remove lid. Stir occasionally until sauce has reduced by 1/3.

\*2. While sauce is simmering, **prepare meat**. In large sauté pan over medium heat, warm olive oil. Add onion and garlic, sauté ~5 minutes until fragrant and starting to soften. Add ground meat or chicken breasts. If chicken isn't tender enough to shred after cooking, dicing chicken is

another option. \*\* If chicken is prepared in instant pot, add all the ingredients, decrease water to 1 cup. When chicken is done it can be shredded.

\*3. While sauce and meat are cooking, **prepare the tortillas**. Mix all ingredients except butter in a small bowl. Use the butter pat (or olive oil) to lightly grease the pan, over medium heat. Pull out excess butter, set aside to re-coat the pan. Using a tablespoon, pour 3 spoonful's into hot pan. Swirl the pan immediately to encourage the batter to form a circle and cover the pan. Cook until set and turn out on wax or parchment paper. Layer as you make the tortillas. Makes ~14-16 tortillas.

4. When sauce has been reduced, strain mixture well to retrieve cloves and cinnamon stick. Save the strained sauce, discard tomato "pulp". Return to heat and mix in sugar and oil blended completely. Sauce is now ready to use.

5. **Assembly**: Preheat oven to 350°F. Have 1 cup of shredded cheese portioned in a bowl. Scoop even amounts of meat and cheese in the tortilla. Wrap and place seam side down, in a well grease 13x9 in casserole/baking pan. After all enchiladas are prepared, pour sauce over the entire pan. Sprinkle with up to 1 more cup of cheese. Bake in oven ~15-20 minutes, or until cheese is melted and internal temperature of 165°F is reached.

\*Steps 2 and 3 can be prepared ahead of time. Tortillas can be frozen or refrigerated.