

MEALTIME HELPER

MAKING MEALTIME EASY

Spicy Chicken Enchiladas

Prep time: 20 minutes

Cook time: 35 minutes

Total time: 55 minutes

Servings: 4

Ingredients

- 2 tablespoons vegetable oil (or olive oil)
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 pound (about 450 g) cooked chicken, shredded (rotisserie works great)
- 2 teaspoons ground cumin
- 1–2 teaspoons chili powder (see spice note below)
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt (adjust to taste)
- 1/4 teaspoon black pepper
- 1 cup (240 ml) canned diced tomatoes, drained slightly
- 1/2 cup (120 ml) tomato sauce or passata
- 2 tablespoons tomato paste
- 1–2 chipotle peppers in adobo, minced (or 1/2–1 teaspoon cayenne for heat) — optional for extra smokiness
- 1 cup (100 g) shredded cheddar or Monterey Jack cheese (for filling)
- 8–10 tortillas (6–8-inch corn or flour, warmed to make flexible)
- 1 cup (100–150 g) shredded cheese (cheddar, Monterey Jack, or a blend) for topping
- 1/4 cup chopped fresh cilantro (optional, for garnish)
- 1/2 cup sour cream or Mexican crema (optional, for serving)
- Lime wedges, sliced avocado, and sliced green onions (optional, for serving)

Directions

1. Preheat the oven to 375°F (190°C). Lightly grease a 9×13-inch (or similar) baking dish.
2. Heat the oil in a large skillet over medium heat. Add the chopped onion and cook until soft and translucent, about 5 minutes.
3. Add the minced garlic and cook 30–45 seconds until fragrant. Stir in the cumin, chili powder, smoked paprika, salt, and pepper; toast the spices for 20–30 seconds.
4. Add the shredded chicken, drained diced tomatoes, tomato sauce, tomato paste, and minced chipotle (or cayenne). Stir to combine and simmer for 4–6 minutes until heated through and slightly thickened. Taste and adjust seasoning or heat level. If the mixture seems dry, add 1–2 tablespoons of water.
5. Remove the filling from heat and stir in 1 cup shredded cheese until melted and evenly distributed. This makes the filling creamy and helps bind the enchiladas.
6. Warm the tortillas briefly in a dry skillet or microwave (cover with a damp paper towel for 20–30 seconds) so they're pliable and less likely to tear.
7. Spoon about 1/4–1/3 cup of the chicken filling down the center of each tortilla. Roll tightly and place seam-side down in the prepared baking dish. Repeat until the dish is full.
8. Pour any remaining sauce from the skillet evenly over the rolled enchiladas. Sprinkle the 1 cup shredded topping cheese over the enchiladas.
9. Bake in the preheated oven for 18–22 minutes, until the cheese is melted and the edges are bubbling. For browned, slightly crisp edges, switch the oven to broil for 1–2 minutes—watch carefully to avoid burning.
10. Remove from oven and let rest for 5 minutes. Garnish with chopped cilantro, a drizzle of sour cream, sliced avocado, lime wedges, and green onions as desired. Serve hot.

Spice note:

For mild — use 1 teaspoon chili powder and omit chipotle/cayenne.

For medium — 1.5 teaspoons chili powder + 1 small chipotle or 1/4–1/2 tsp cayenne.

For hot — 2 teaspoons chili powder + 1–2 chipotle peppers or 1 tsp cayenne.

Enjoy your spicy chicken enchiladas!