

MEALTIME HELPER

MAKING MEALTIME EASY

Spicy Chicken Enchiladas - Shopping List

- Protein
 - 1 lb (≈450 g) cooked shredded chicken (rotisserie or cooked breasts)
- Dairy
 - 1 cup (100 g) shredded cheddar or Monterey Jack (for filling)
 - 1 cup (100–150 g) shredded cheese (cheddar/Monterey Jack or blend) for topping
 - 1/2 cup sour cream or Mexican crema (optional)
- Produce
 - 1 medium onion
 - 3 garlic cloves
 - 1/4 cup fresh cilantro (optional, for garnish)
 - 1–2 limes (for wedges)
 - 1–2 avocados (optional)
 - 2–3 green onions (optional)
- Canned & Jarred
 - 1 cup (240 ml) canned diced tomatoes (drained slightly)
 - 1/2 cup (120 ml) tomato sauce or passata
 - 2 tbsp tomato paste
 - 1–2 chipotle peppers in adobo (optional — or substitute cayenne)
- Staples & Pantry
 - 2 tbsp vegetable oil (or olive oil)
 - 2 tsp ground cumin
 - 1–2 tsp chili powder (choose per spice preference)
 - 1/2 tsp smoked paprika
 - 1/2 tsp salt (adjust to taste)
 - 1/4 tsp black pepper
- Bread / Tortillas
 - 8–10 tortillas (6–8-inch corn or flour), warmed to make flexible
- Optional serving extras
 - Lime wedges (from above limes)
 - Sliced avocado (from above avocados)
 - Sliced green onions (from above)

Notes:

- Spice guidance: mild (1 tsp chili powder, no chipotle), medium (1.5 tsp chili + 1 small chipotle), hot (2 tsp chili + 1–2 chipotles or cayenne).
- If you don't have cooked chicken, buy 1–1.25 lb raw chicken breasts to cook and shred.