

Creamy Chicken Enchiladas III

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Servings: 10

Preparation Time: 30 minutes

Bake Time: 30 minutes

This recipe provides two five-serving casseroles. Both casseroles can be used for a large group or the second casserole can be frozen for up to three months.

To use a frozen casserole:

Thaw in the refrigerator overnight. Cover and bake at 350 degrees for 45 minutes. Uncover and bake 5 to 10 minutes longer or until heated through and the cheese is melted.

1 rotisserie chicken, shredded

2 cans (14 1/2 oz) diced tomatoes with mild green chilies, undrained

2 cans (10 3/4 oz) condensed cream of chicken soup, undiluted

1 can (10 3/4 oz) condensed cheddar cheese soup, undiluted

1/4 cup 2% low-fat milk

1 tablespoon ground cumin

1 tablespoon chili powder

2 teaspoons garlic powder

2 teaspoons dried oregano

1 package (8 oz) cream cheese, cubed

20 8-inch flour tortillas, warmed

4 cups Mexican cheese blend, shredded

Preheat oven to 350 degrees.

Shred chicken and set aside.

In a large bowl, combine the tomatoes, soups, milk, cumin, chili powder, garlic powder and oregano.

Transfer 3 1/2 cups to another bowl.

Add the chicken and cream cheese to the first bowl.

Spread 1/4 cup of the soup mixture into each of two greased 13x9-inch baking dishes.

Place 1/3 cup of the chicken mixture down the center of each tortilla. Roll up and place, seam side down, in the baking dishes, ten to each dish.

Pour the remaining soup mixture over the top of both dishes. Sprinkle with cheese.

Cover and freeze one casserole for up to three months, if desired.

Bake, uncovered, for 30 to 35 minutes or until heated through and the cheese is melted.

Yield: 2 Five-serving Casseroles

Per Serving (excluding unknown items): 606 Calories; 22g Fat (32.3% calories from fat); 16g Protein; 86g Carbohydrate; 5g Dietary Fiber; 30mg Cholesterol; 1163mg Sodium. Exchanges: 5 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 4 Fat.