

Cream Chicken Taco

Gloria Ikard - Las Cruces, NM

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Servings: 8

*2 hens or 3 layers
salt
1 large onion, chopped
1 clove garlic, chopped
oil (for frying)
3 cans (5 ounce ea) chiles,
chopped
1 can (16 ounce) tomatoes
3 dozen tortillas
1 to 2 cups grated Colby
cheese
1 can (13 ounce)
evaporated milk
13 ounces cooking stock*

Preparation Time: 1 hour

Bake Time: 40 minutes

Salt the hens well. Cook in a pot of water until tender. Cut the chicken into large pieces.

In a large skillet, fry the onions and garlic. Add the chilies and tomatoes. Salt and cook until blended.

Cut the tortillas into quarters. Fry them in oil until medium crisp, then salt.

In a three-quart casserole, make layers of tostados, chicken, chile mixture and cheese.

In a bowl, mix the milk and chicken stock. Pour the mixture over the casserole. Top with more tostados.

Bake in the oven at 300 degrees for 30 to 45 minutes.

Per Serving (excluding unknown items): 1111 Calories; 25g Fat (20.8% calories from fat); 31g Protein; 187g Carbohydrate; 11g Dietary Fiber; 9mg Cholesterol; 1585mg Sodium. Exchanges: 12 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 5 Fat.