

# PERCOLATE KITCHEN

*weeknight cooking for working parents*

## Freezer Meals Class: May 5th, 2019

Enchiladas are my go-to all-time fave freezer meal! They especially make an easy kit, making them a cinch to prepare at a later date and have it taste just like it was made from fresh. I love the easy enchilada sauce here- it can be doubled and stored separately, and it freezes extremely well.

### ENCHILADA MEAL KIT: PREP CHECKLIST

#### Supplies needed:

- Cutting board and chef's knife
- Measuring cup and spoons
- Freezer-safe gallon ziplock bags
- 9x13" casserole pan

#### To cut:

- Peel and dice onion and garlic
- Remove stems and chop cilantro leaves
- Shred chicken

\*\*Add to ingredients to large freezer-safe ziploc bag as they are cut, and mix inside bag to combine.

#### Mix: (enchilada sauce)

- Heat oil over medium-low heat until shimmering, then add spices and heat through until they start to brown. Slowly sprinkle in the flour, whisking well until combined and smooth. Add the broth slowly, whisking continuously, until smooth and thick.

\*\*Cool, then transfer to large freezer-safe ziplock bag or a container with a tight-fitting lid

#### Pack bags and store in 9"x13" casserole pan:

- one bag with tortillas
- one bag with chicken/cilantro/onion/garlic mix
- one bag with enchilada sauce
- One bag with shredded cheese

#### Label instructions:

Thaw as needed. Divide chicken mixture evenly between tortillas and roll, placing each rolled tortilla snugly against one another in the pan. Cover evenly with enchilada sauce, then add cheese in an even layer. Bake at 350°F for 15-18 minutes or until cheese has melted and is bubbly.

#### CONNECT WITH ME:

[Instagram](#) | [Facebook](#)  
[Meal Planning Junkies FB Group](#)  
[percolatekitchen.com](http://percolatekitchen.com)

#### COOK WITH ME:

Register for an [upcoming cooking class here](#).  
Snag my [Sheet Pan Cookbook](#)  
Deep dive into the HOW of meal planning [with my online cooking class!](#)

# PERCOLATE KITCHEN

*weeknight cooking for working parents*

## CHICKEN ENCHILADAS: RECIPE

*Note: You can use freshly cooked chicken breast, or shred a rotisserie chicken.*

### **Ingredients:**

*For the enchilada sauce:*

- 1/3 cup vegetable or canola oil
- 1/2 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 cup white flour
- 2 1/2 cup chicken or vegetable broth

*For the enchiladas:*

- 1 large onion, peeled and diced
- 2 cloves garlic, peeled and diced
- 1/2 cup packed cilantro leaves (about 1 small bunch)
- 4 cups cooked chicken breast (about 3 large breasts)
- 6 8" flour tortillas
- 12 ounces shredded pepper jack cheese

### **Method:**

*Make the enchilada sauce:* Heat the oil over medium heat until shimmering. Add the spices and cook, stirring occasionally, until they start to smoke, about 2-3 minutes. Sprinkle in the flour, whisking until smooth, then slowly add the chicken broth, whisking constantly, until smooth and thick. Remove from heat and let cool to room temperature.

*Make the enchiladas:* Finely chop the cilantro leaves. Shred the chicken using two forks, then combine with the onion, garlic, and cilantro. Divide the chicken evenly between the flour tortillas, and wrap each tortilla into a log, fitting them snugly against each other in the casserole dish. Pour the enchilada sauce evenly on top, then top with the shredded cheese.

Place in the oven and bake, 15-18 minutes, until the cheese has melted and is beginning to brown.

### CONNECT WITH ME:

[Instagram](#) | [Facebook](#)  
[Meal Planning Junkies FB Group](#)  
[percolatekitchen.com](http://percolatekitchen.com)

### COOK WITH ME:

Register for an [upcoming cooking class here](#).  
Snag my [Sheet Pan Cookbook](#)  
Deep dive into the HOW of meal planning [with my online cooking class!](#)