

Chicken Enchilada Skillet

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-enchiladas-recipes>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion — diced
- 1 red bell pepper — cored and diced
- 1 poblano pepper — or green bell pepper, cored and diced
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 3/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 20 ounces red enchilada sauce — I recommend my homemade red enchilada sauce
- chicken 3 cups cooked shredded slow cooker Mexican, —, for max flavor! or regular cooked, shredded chicken
- 15 ounces low sodium black beans — or low sodium pinto beans, rinsed and drained
- 1/2 cup plain Greek yogurt 2% or whole, — do not use fat free or it may curdle
- 6 corn tortillas — cut into quarters
- 1 cup shredded cheese — such as sharp cheddar or cheddar jack, Mexican cheese blend, Monterey Jack, or pepper jack, divided
- jalapeno
- chopped fresh cilantro
- Greek yogurt
- avocados

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 230 milligrams
4. Fat: 24 grams
5. Fiber: 12 grams
6. Protein: 78 grams

7. SaturatedFat: 10 grams
 8. Sodium: 2090 milligrams
 9. Sugar: 14 grams
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