

Enchilada Casserole

Yield: 20 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cornbread-hamburger-chile-peppers-casserole-skillet-recipe>

Ingredients:

- 2 tablespoons chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried oregano
- 1 teaspoon paprika
- 3 teaspoons ground cumin
- 2 teaspoons sea salt Celtic
- 2 teaspoons freshly ground black pepper
- 1 tablespoon coconut oil
- 2 skinless chicken breast – cooked and shredded, I used a crock-pot
- 1 pound hamburger grass fed ground
- 1/2 cup chopped onion
- 7 ounces chile peppers 1 can ,chopped green
- 2 tablespoons taco seasoning from above
- 1/2 cup tomato sauce
- 2 eggs
- 2 cups cottage cheese
- 1 teaspoon sea salt Celtic
- 1/4 teaspoon freshly ground black pepper
- 8 ounces chicken breasts 1 package ,shaved, for tortillas
- 2 cups shredded monterey jack cheese
- 10 ounces tomato sauce 1 can ,or salsa

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams

4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 19 grams
7. SaturatedFat: 5 grams
8. Sodium: 700 milligrams
9. Sugar: 3 grams

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