

## RECIPE: Simple Chicken Enchilada Casserole

Number of Servings: 8 - 10 servings for a 13 x 9 pan    4-6 servings for 8 x 8 inch pan

	13 x 9		(2) 13 x 9	
<b>Ingredients:</b>	8		16	
large onion, chopped	1	onion	2	onions
4 oz. can mild green chilies	1	can	2	cans
10.5 oz. can cream of mushroom	1	can	2	cans
10.5 oz. can cream of chicken	1	can	2	cans
cooked, deboned, and diced chicken	4	cups	8	cups
flour tortillas, torn into bite sized pieces	12	tortillas	24	tortillas
shredded cheddar cheese	4	cups	8	cups

Combine onions, green chilies, soups and chicken together in a large mixing bowl. Place a layer of flour tortillas on the bottom of a 13 x 9 pan. Spread 1/3 of the soup mixture over the top of the tortillas, then a 1/3 of cheese. Repeat 2 more times. Bake for 30 minutes at 350°F or until bubbly.

For OAMC: I make this recipe in 8 x 8 pans rather than the 13 x 9 pans since I have a smaller family. I have made it in the disposable foil pans and in regular baking pans. If you don't want to store the casserole in a regular baking pan, line the pan with nonstick aluminum foil (making sure the foil hangs over the pan so you can remove it from the pan later) and then assemble the casserole. After the casserole is frozen, remove from the pan and then store in a freezer bag.

To use for serving day: The night before: Unwrap the casserole and place in the regular baking pan. Bake for 35 minutes at 350°F or until bubbly. Serve with lettuce, tomatoes, salsa, olives, and sour cream, if desired.

I like to layer in a can of black beans in with this casserole. You can also change the cheeses, if you wish. Make it your own. I've used the low carb tortillas, lower fat soup, and lower fat cheese and it turned out pretty well. These are options to consider if you are eating healthier.