

Treasure Barrel

Easy White Chicken Enchiladas – Ready in 30 Minutes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups shredded cooked chicken
- [ ] 8 corn tortillas
- [ ] 1 cup shredded cheese blend
- [ ] 1 cup chicken broth
- [ ] 1 cup whole milk
- [ ] 2 tbsp all-purpose flour
- [ ] 2 tbsp flour
- [ ] 1 cup milk
- [ ] 1 cup chicken broth
- [ ] 1 tsp ground cumin
- [ ] 1 tsp mild green chilies, chopped
- [ ] 2 tsp lime juice
- [ ] Salt and pepper to taste

For the Sauce

- [ ] 2 tbsp butter

Instructions

1. Preheat the oven to 375°F (190°C). Warm the tortillas in a dry skillet for 10 seconds each side, just enough to make them pliable.
2. In a saucepan melt butter, whisk in flour, then slowly stir in milk and broth, simmer until thickened; add chilies, cumin, lime juice, salt, and pepper, then fold in shredded chicken.
3. Dip each tortilla in the sauce, spoon a modest amount of chicken mixture onto the center, roll tightly, and place seam-side down in a greased baking dish.
4. Pour remaining sauce over the rolled tortillas, sprinkle cheese on top, and bake for 20-25 minutes until bubbling and golden.
5. Let the enchiladas rest for 5 minutes, then garnish with fresh cilantro and a squeeze of lime before serving.

Nutrition per serving

420 kcal	28 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash more broth.
- Avoid over-filling the tortillas to keep them from tearing.
- For extra richness, stir in a tablespoon of sour cream before baking.