

Treasure Barrel

White Chicken Enchiladas With Green Chili Sour Cream Sauce

20 min Prep time	**25 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**Tex-Mex** Cuisine

Ingredients

For the Chicken Filling

- [ ] 3 cups shredded cooked chicken (from a rotisserie chicken is perfect)
- [ ] 1 cup shredded Monterey Jack cheese
- [ ] 1/4 cup chopped fresh cilantro (optional)
- [ ] 1/2 teaspoon ground cumin
- [ ] Salt and black pepper to taste

For the Green Chili Cream Sauce & Assembly

- [ ] 3 tablespoons unsalted butter
- [ ] 3 tablespoons all-purpose flour
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 cup full-fat sour cream, at room temperature
- [ ] 1 (4-ounce) can diced mild green chilis, undrained
- [ ] 1/2 teaspoon garlic powder
- [ ] 8-10 medium flour tortillas
- [ ] 1 1/2 cups shredded Monterey Jack or a Colby Jack blend

Instructions

1. First, let's get everything ready to go. Preheat your oven to 375°F (190°C) and lightly grease a 9x13-inch baking dish. In a medium bowl, gently combine your shredded chicken with 1 cup of the Monterey Jack cheese, the chopped cilantro if you're using it, and the cumin. Give it a little taste and add a pinch of salt and pepper. I love this step; it's where you start building the layers of flavor. Set that lovely filling aside while we move on to the heart of the dish—the sauce.

2. Now for that beautiful, creamy sauce. In a medium saucepan, melt the butter over medium heat until it's foamy. Sprinkle in the flour and whisk it constantly for about a minute. You're making a simple roux, and it should smell nutty and delicious. Slowly, and I mean slowly, pour in the chicken broth while you continue to whisk. This slow addition is the secret to a perfectly smooth, lump-free sauce. Let it simmer gently, stirring occasionally, until it has thickened enough to coat the back of a spoon, which usually takes about 5-7 minutes. It's so satisfying to watch it transform. If you love savory chicken dishes, you should check out my spaghetti squash recipe.

3. This next step is important for getting that velvety texture. Remove the saucepan from the heat completely and let it cool for just a moment. Now, gently whisk in the room temperature sour cream, the undrained can of green chilis, and the garlic powder. Stir until everything is beautifully combined and silky smooth. Taking it off the heat prevents the sour cream from curdling. Have a taste of the sauce here—dang, it's good, right? Adjust with a little salt if you think it needs it. Your sauce is now ready and waiting to hug those enchiladas.

4 It’s time to assemble. Warm your tortillas to make them soft and pliable. I like to wrap them in a damp paper towel and microwave them for about 30-45 seconds. Spoon about 1/4 to 1/3 cup of the chicken mixture down the center of each tortilla, roll it up snugly, and place it seam-side down in your prepared baking dish. Once all your enchiladas are nestled in the dish, pour that gorgeous cream sauce evenly over the top. Use a spatula to make sure every last bit is covered. Sprinkle the remaining 1 1/2 cups of cheese all over the top. What a beautiful sight.

5 Finally, slide your dish into the preheated oven and bake, uncovered, for about 20-25 minutes. You'll know it's ready when the cheese is completely melted and bubbly, and the sauce is bubbling happily around the edges of the dish. I sometimes like to switch the oven to broil for the last minute or two to get some extra golden-brown spots on the cheese, but keep a very close eye on it! Let the enchiladas rest for about 5-10 minutes before serving. This allows the sauce to set up a bit and makes serving so much cleaner. Garnish with a little extra cilantro if you wish, and just enjoy.

Nutrition per serving

580 kcal	34 g	32 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using room temperature sour cream is really key. If you add cold sour cream to the hot broth mixture, it's much more likely to curdle or separate. I just measure it out and let it sit on the counter while I'm preparing the chicken and getting the roux started. It makes a world of difference in the final texture of the sauce.
- Don't skip warming the tortillas! I know it feels like an extra step, but it's the single best way to prevent them from cracking and breaking as you roll them. Whether you warm them in the microwave, a dry skillet, or briefly in hot oil, this step ensures your enchiladas look as good as they taste.
- Feel free to play around with the cheese. While Monterey Jack is classic for its incredible melting quality and mild flavor, a blend like Colby Jack or even adding some sharp white cheddar can add a new dimension of flavor. This recipe is one of our all-time warm meals.