



Frugal -Chicken Enchilada Casserole



Serving: 8



Cook Time: 70 mins



Level: Easy



INGREDIENTS

- Chicken Breasts Fresh or Frozen
- Large can Enchilada Sauce Red or Green
- 3 Cups Cooked Rice white or wheat
- Tortilla Chips
- 2 Cups Shredded Cheese

PREPARATION

1. Spray 9×13 pan with cooking spray. Place as many Chicken Breast in the pan that your family will eat. Then pour can of Enchilada Sauce over the top
2. Cover with foil and cook for 1-2 hours at 400 degrees. This is so that the chicken gets really tender and you can shred.
3. Remove and shred Chicken
4. Now top with the 3 cups of cooked rice...spread evenly over the chicken and sauce.
5. Then top with Tortilla Chips and Cheese
6. Now pop into the oven just until Cheese melts!
7. There you have it! Chicken Enchilada Casserole!