

CHICKEN ENCHILADA CASSEROLE

1 16 oz container sour cream
1 16 oz jar salsa
1 10.75 oz can condensed cream of chicken soup
6 skinless, boneless chicken breast halves,
cooked and shredded

1 8 oz can chili beans, drained
6 12" flour tortillas, cut into strips
¼ c white onion, diced
4 c shredded Cheddar cheese

Preheat oven to 350 degrees F. In a large bowl, mix sour cream, salsa, cream of chicken soup, onion and chili beans. Layed the bottom of a 9 x 13" baking dish with 1/3 tortilla strips. Top with 1/3 chicken, 1/3 sour cream mixture and 1/3 Cheddar cheese. Repeat layering with remaining ingredients. Bake in the preheated oven 20-30 minutes, until golden brown. Let stand 10 minutes.

Serves 12.

Calories: 546, Carbohydrate: 42 grams, Protein: 32 grams, Fat: 27 grams.