

Chile Verde Chicken Enchiladas (grain-free)



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You don't often see Mexican food in the grain-free world. I assume it's because people want warm tortillas or corn chips with their meal, and figure it's not worth making it without it. Well, these enchiladas will make it worth it to you.

You won't miss the corn tortillas, and served with a side of black beans, it will engage your taste buds and get you out of that *cooker's block*. I served it to a group of unsuspecting (and non SCD) guests, and no one had a clue that the 'tortillas' were made from coconut flour.

You can make the tortillas and the sauce the night before and refrigerate them to save time the night you're cooking.

INGREDIENTS

For the chicken

- 1 lb. chicken breasts
- 2 tablespoons ghee, grassfed butter, or olive oil
- ¼ yellow onion (finely chopped)
- 1 garlic clove, chopped
- 1 teaspoon sea salt

For the sauce

- 1.5 lb. tomatillos, husked and rinsed
- 1 Serrano chili
- 1 small poblano pepper (roasted, then seeds and skin removed)
- 3 garlic cloves, chopped
- ⅛ cup ghee, grassfed butter, or olive oil
- 1 tablespoon sea salt

For the enchiladas

- 2 tablespoons oil
- 1 cup shredded raw grassfed cheese (I prefer pepperjack or jack)
- 8-10 Grain-free tortillas
- ½ cup cashew sour cream
- ½ cup crumbled Queso Fresco

For the grain-free tortillas (*yields 10 crepes*)

- 6 large eggs
- 1 cup unsweetened almond milk
- 3 tablespoons coconut flour, sifted
- 2 teaspoons coconut oil, melted
- 1 teaspoon arrowroot powder
- ¼ teaspoon sea salt
- Coconut oil or butter for pan

INSTRUCTIONS

For the Tortillas (*yields 10 crepes*)

1. Whisk the crepe ingredients together in a bowl. Let sit for 10 minutes while the pan heats so the coconut flour can absorb the liquid, then whisk again.
2. Heat a crepe pan or skillet with enameled surface over medium-high heat.
3. Melt a small amount of oil or butter in the pan, swirling to coat the bottom and sides.
4. Pour ¼ cup of the batter into the hot pan, turning the pan in a circular motion with one hand so to spread the batter thinly around the pan. Alternatively, use a spatula to quickly spread the batter. Fill any open spots with a drop of batter to make sure the pan is fully covered.
5. Cook for 1 minute until the edges start to lift. Gently work a spatula under the crepe and flip it over. Cook on the second side for 15 seconds and turn out on a plate.
6. Continue with the remaining batter, stacking the crepes on a plate as you work. Add a little more oil to the pan every 3-4 crepes or if they begin to start sticking.

For the chicken

1. Heat 2 tablespoons oil in a deep skillet. Sauté onions and garlic until soft. Add the chicken breasts seasoned with 1 teaspoon of salt, browning each piece on both sides. Set aside until sauce is finished.

For the sauce

1. In a saucepan, combine the tomatillos and Serrano chilies with enough water to cover. Bring to a boil over medium-high heat, and cook for 15 minutes.

2. Roast the Poblano chili under the broiler and turn until all sides are blackened. Remove from oven and place in a plastic bag for 15 minutes (the steam in the bag will help to remove the skin). Remove the chili from the bag and peel the skin off. Cut it in half, and remove all of the seeds. Place the chili in a food processor.
3. Drain the tomatillos, garlic, and chilies and add to a food processor. Process until a smooth sauce forms.
4. Heat the oil in the saucepan until smoking. Quickly add the tomatillo sauce, stirring constantly, until the sauce bubbles. Reduce the heat to low and cook until the sauce starts to thicken, about 5 minutes more. Add the 1 Tbs. salt.
5. Add the chicken to the sauce and simmer for 45 minutes until it is cooked through. Remove chicken and shred on a cutting board. Remove 1 cup of the sauce and reserve on the side. Add the chicken back to the sauce and adjust seasonings to your liking. Leave on low while you assemble the enchiladas.

For the enchiladas

1. Preheat oven to 350 degrees.
2. Fill each tortilla with chicken mixture and a pinch of cheese. Roll up and carefully flip the roll over so the seam is down.
3. Place into a greased casserole dish. Continue with the remaining tortillas, placing them close together in the dish. If you have extra chicken or broken tortillas, you can use them to fill in the sides of the dish. Top with the reserved sauce and remainder of the cheese.
4. Bake the enchiladas for 15 minutes and all the cheese on top is melted. Serve immediately topped with cashew sour cream and a sprinkle of Queso Fresco.