**[Carol’s Crockpot Chicken Enchiladas](http://zradio.org/quick-family-recipes/crockpot-chicken-enchiladas/%22%20%5Ct%20%22_blank)**

Summer calls for another Quick Family Recipe in the crockpot…this is Tyler’s favorite way to cook! I love enchiladas, but they are so bad for you. That’s why I love this recipe…I figured out a way to make them in the crockpot without all the oil, so I do not feel so bad about myself eating them.

Yep, I dump the tortillas into the crockpot, too! They are like the noodles in a casserole…or hot dish if you are from North Dakota and the Midwest like my husband!

Your kids can make this for you…they can make dinner while you are cooking breakfast…that’s how easy this is. Then when you get home, you add a few more of the ingredients to the crockpot and dinner is on the table 45 minutes later.

Let’s get started!

**Ingredients:**

* 1.5-2 lbs. Boneless, Skinless Chicken Breast
* 1 or 2 Cans of Black Beans (Drained)
* 1 Can Green Chiles
* 1 GIANT (28 0z) Can of Red Enchilada Sauce
* 4 Cups Mexican Shredded Cheese
* 1 Can of Sliced Black Olives (Drained)
* 1 Package Corn Tortillas
* **Optional:** Your Favorite Taco Toppings

**Instructions:**

* Dump your chicken, can of black beans (drained) and green chiles into your crockpot. Chicken can be frozen.
* Add the entire giant can of enchilada sauce to the crockpot. Set the crockpot on low and cook all day while you are gone (8-10 hours). If you need this first part done faster, you can set your crockpot on high and cook for 4 hours.
* When you get home, take two forks and shred your chicken.
* Slice your tortillas into strips (they act as noodles for your casserole).
* Dump tortilla strips, can of black olives and 2 cups of the cheese into the crockpot.
* Stir everything together.
* Add your extra two cups of cheese over the top. I sprinkle a few black olives over the top, too.
* Place lid on your crockpot and cook on low for 40 more minutes.
* Dinner is ready! Serve with sour cream and all your favorite taco toppings like avocado, tomato, onion and that yummy white crumbly cheese.
* Enjoy!

We’d love to see your family enjoying time together in the kitchen making this recipe. Share your pics with Ellis and Tyler on the [Z88.3 Mornings Facebook page](https://www.facebook.com/Z88.3Mornings).

Carol Ellingson
Z88.3’s Resident Foodie
Originally posted on [Carolbake.com](http://carolbake.com/)