



### **Shredded Chicken Enchiladas Stove Top Casserole**

- 2 Cups Tomato Sauce
- 2 T cumin
- 2 T Garlic Powder
- ½ t pepper
- 1 small Onion chopped
- 1 pepper diced
- 1 1/2 pounds Boneless chicken breast
- 2 Tablespoons Fresh Cilantro
- 3 or 4 Soft Corn Tortillas

Mix Tomato sauce and spices and simmer.  
While simmering cook chicken and onion.  
Shred chicken. Stir Chicken and onions into sauce.  
Add pepper and a few cut up corn tortillas.  
I usually serve over rice, but could serve over corn chips.



<http://www.lincolntent.com/GFCF-Poultry.html>