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PRAWNS**

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lb

IGA **Chicken Enchiladas**

Ingredients

1 pound boneless, skinless chicken breast
1 Tablespoon olive oil
1 green bell pepper, chopped
1 red bell pepper, chopped
1/2 cup chopped onion

1 Tablespoon chopped fresh cilantro
1 can (16 ounce) refried beans
1 can (10 ounce) mild enchilada sauce
1 can (8 ounce) tomato sauce
8 (6 or 8 inch) corn tortillas*
1 cup (4 ounces) shredded Monterey Jack cheese

Directions

Spray a 13 x 9-inch (3-quart) baking dish with nonstick cooking spray and set aside.
Add oil to a large skillet and heat over medium-high heat. Add chicken and stir fry for 2 minutes. Add bell peppers, onion and cilantro; stir fry for 3 to 4 minutes or until chicken is no longer pink. Remove from heat; stir in beans.

In medium bowl, combine enchilada sauce and tomato sauce; blend well.
Spoon 2 tbsp of the sauce into bottom of baking dish; reserve remaining sauce.

Spoon 1/2 cup chicken filling down center of each tortilla; roll up.
Place seam side down in baking dish. Pour reserved sauce over enchiladas; cover.

Bake for 30 to 40 minutes until thoroughly heated. Sprinkle with cheese.
Let stand 5 minutes to melt cheese. Garnish with freshly chopped cilantro.

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