

Chicken Enchilada Sandwich

Enchilada Sauce

Ingredients

2 Tbsp SR flour

¼ cup veg oil

3 Tbsp chili powder

1 & ½ cup water

1 8oz can tomato sauce

1 tsp cumin

1 tsp garlic powder

1 tsp onion powder

1 tsp salt

Instructions

Put oil and flour in a small sauce pan. Heat on Med-High heat until flour just starts to brown. Add chili powder and stir with Wisk. Turn heat down to Med. Add all remaining ingredients and cook while stirring for 10 min. Remove from heat when it starts to thicken.

Sandwich:

Take about 2 lbs of cooked shredded chicken and add it to the enchilada sauce. Place on a dense bread and add cheese. Place under a broiler or steam until cheese melts. Serve with a black bean and corn salsa or refried beans.