

## Two Ingredient Instant Pot Make-Ahead Red Chile Enchilada Sauce

### Chicken Ingredients

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- 2 pouches frontera red chile enchilada sauce (Or 16oz of your favorite enchilada sauce)
- 2 lb chicken (Choose chicken breast or thighs, remove bones and skin)

### Instructions

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This is so simple. I love the sauces from chef Rick Bayless's Frontera line and was thrilled to see that the Red Chile Enchilada Sauce with Roasted Tomato and Garlic was on close out (due to expire in a couple months). The pouches of this sauce are normally about \$3 each, so at \$0.70 each I needed to remind myself that I had just walked to the grocery store for a couple of things and to take a break from work. OH well. <br />

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I LOVE enchiladas, but not the bloated feeling I sometimes get from the tortillas. Ok, let me correct that, I love the

**flavor** of enchiladas, so this was great!<br />

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Out came the <a href="http://amzn.to/2z9o09O" target="\_blank">Instant Pot</a>, and in went 2 lbs of chicken breast with no skin and no bones. This would also be fantastic with boneless, skinless chicken thighs too, actually it might be even better. Then, I added two pouches of the sauce, and mixed everything so that all the chicken was coated and under the sauce. <br /><br />

Set the vent on top to "sealing". Using the "manual" button I set the <a href="http://amzn.to/2z9o09O" target="\_blank">Instant Pot</a> to cook for 7 minutes. If you're using thighs, you will want to set it to cook it a little longer, maybe about 9

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minutes. When cooking has completed, carefully open the vent and let the steam out. Wait until the pressure has vented then carefully open the Instant Pot.&nbsp; Shred the chicken with two&nbsp; forks (I remove the pieces from the pot to do this) then mix all the delicious sauce back into the chicken.&nbsp; It's now ready to eat.<br />

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And since it was only me eating that day, I warmed two <a href="http://amzn.to/2zp3HpV" target="\_blank">Siete grain-free almond flour tortillas</a>, and made two amazing tacos with the chicken, some avocado mash, lime juice, white onion, a little bit of cheese, some salsa, and some fresh cilantro on top.<br />

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I put the rest of the cooked chicken into two large pyrex containers that I use for make-ahead meats. The next day, I layered the cooked chicken in an iron baking dish with cheese, sauted bell pepper and onions and baked at 350 degrees for about 20 minutes or until everything was all bubbling and delicious. If you don't have an aversion to corn tortillas, a real treat is to put a single layer of them in the bottom of the baking dish before you begin layering in the other ingredients. Yummy.<br />

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Must say, I'm pretty sure I'll buy that enchilada sauce at full price when I get through the stash of it here...<br />

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