

## Gluten Free, Keto Friendly, Low Carb, Chicken Enchilada casserole

Posted At : February 10, 2017 7:26 PM | Posted By : Jason

Related Categories: chicken, Gluten Free Cooking, Low Carb, Cooking, Keto Cooking, Gluten Free Keto Cooking



Here is a super easy recipe for a chicken enchilada casserole.

### Ingredients:

- 2.5 cups cooked chicken cut into small pieces
- 16 ounces of Sour Cream
- 1 1/2 cup of shredded mexican style cheese
- 1/3 cup chopped onion
- 1 1/2 cup salsa (use less if the carb count is too high)

### Directions:

1. Preheat oven to 375 degrees
2. In a **bow**l mix the chicken, sour cream, onion and 3/4 cup of the shredded cheese
3. Spread into a **9x13 pan**
4. sprinkle the rest of the shredded cheese on top
5. Add the salsa on top (can omit if you want it to be very low carb)
6. Bake in the oven for about 25 minutes.

Watch this video on Daily Motion - <http://dai.ly/x6hliwj>

