Chicken and Black Bean Enchiladas

1 Tablespoon canola oil

1 onion, chopped

1/2 poblano pepper, chopped

5 cloves garlic, minced

2 teaspoons chili powder

1 teaspoon cumin

1/2 teaspoon oregano

1 cup chicken stock

15 ounce can tomato sauce

3 cups cooked chicken breast, shredded

1 can black beans, drained

1 cup cheddar cheese

1 cup mozzarella cheese

tortillas (corn or flour)

sour cream, avocado, salsa

Heat oil in skillet. Add onion, poblanos and garlic. Saute 4 minutes.

Stir in chili powder, cumin and oregano. Add stock and tomatoes. Cook 5 minutes.

Combine chicken, beans, and half of the sauce. Add half of the cheese. Toss to combine.

Warm tortillas in microwave. Place a spoonful of filling in the middle of each tortilla and roll up. Place seam side down in a greased baking dish.

Spoon remaining sauce over enchiladas and sprinkle with remaining cheese.

Bake 30 minutes at 350.

Serve with salsa or sour cream or avocado or cilantro.