

Southwestern Egg Rolls

Savannah · 28/09/2024



Prep Time

4 hrs

Difficult

Medium

Servings

4 hrs 40 mins

Description

These Southwest egg rolls aren't your traditional egg rolls. Small flour tortillas stuffed with an exciting spicy chicken filling with corn, black beans, jalapeños, and cheese are deep-fried until crispy for a great appetizer.

Ingredients

- 2 tablespoons vegetable oil
- divided - 1 skinless
- boneless chicken breast half - 2 tablespoons minced green onion - 2 tablespoons minced red bell pepper - 1/2 cup frozen corn kernels - 1/4 cup black beans
- rinsed and drained - 2 tablespoons frozen chopped spinach
- thawed and drained - 2 tablespoons diced jalapeño peppers - 1/2 tablespoon minced fresh parsley - 1/2 teaspoon ground cumin - 1/2 teaspoon chili powder - 1/2 teaspoon salt - 1 pinch ground cayenne pepper - 3/4 cup shredded Monterey Jack cheese - 5 (6 inch) flour tortillas - 1 quart oil for deep frying

Instructions

1. Rub 1 tablespoon vegetable oil over chicken breast. Cook chicken in a medium saucepan over medium heat until meat is no longer pink and juices run clear
2. about 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove from heat and set aside. Heat remaining 1 tablespoon vegetable oil in the saucepan over medium heat. Stir in green onion and bell pepper. Cook and stir until tender
3. about 5 minutes. Dice chicken and mix into the pan with green onion and bell pepper. Mix in corn
4. black beans
5. spinach
6. jalapeño peppers
7. parsley
8. cumin
9. chili powder
10. salt
11. and cayenne pepper. Cook and stir until well blended and tender
12. 5 minutes. Remove from heat and stir in Monterey Jack cheese so that it melts. Wrap tortillas with a clean
13. lightly moist cloth. Microwave on high until hot and pliable
14. about 1 minute. Spoon even amounts of the mixture into each tortilla. Fold ends of tortillas
15. then roll tightly around the mixture. Secure with toothpicks. Arrange in a medium dish
16. cover with plastic
17. and place in the freezer. Freeze for at least 4 hours. Heat oil in a large
18. deep skillet for deep-frying to 375 degrees F (190 degrees C). Deep-fry frozen
19. stuffed tortillas until dark golden brown
20. about 10 minutes each. Drain on paper towels before serving. Aja From the Editor We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
21. ingredient density
22. and the specific type of oil used.