

# Chicken Chimichangas

<https://tastesbetterfromscratch.com/chicken-chimichangas/>

# Chicken Chimichangas

My family absolutely loves this easy Chicken Chimichangas recipe! A delicious crispy burrito served topped with sour cream, guacamole and salsa.



★★★★★

4.95 from 89 votes

Prep Time	Cook Time	Total Time
10 mins	20 mins	30 mins

Course: Main Course    Cuisine: Mexican    Servings: 6  
Calories: 263kcal    Author: Lauren Allen

## Ingredients

- 2 cups cooked chicken , chopped or shredded
- 1 can refried beans
- 1/2 cup salsa , your favorite kind
- 1 teaspoon cumin
- 1/2 teaspoon dried oregano leaves , crushed
- 1 teaspoon chili powder
- 1 cup shredded cheese , cheddar or Mexican blend
- 2 green onions , chopped
- 3 Tablespoons oil (vegetable or canola oil)
- 6 large flour tortillas

## For topping:

- Salsa, sour cream and guacamole , optional

## Instructions

1. Cook chicken breasts in frying pan until tender and no longer pink. Allow to rest for a few minutes before chopping.
2. Add refried beans, chicken, cheese, salsa, spices, and green onions to a mix bowl and mix to combine.
3. Place about 1/2 cup of the chicken mixture in the center of each tortilla.
4. Fold opposite sides over filling and roll up like a burrito.
5. **For baked chimichangas**, preheat oven to 400 degrees F. Brush chimichangas lightly with oil and bake for about 25 minutes, until golden and crispy.
6. **For pan fried chimichangas**, heat a skillet over medium heat. Once hot, add oil to skillet and place chimichangas seam side

Once hot, add oil to skillet and place chimichangas seam side down. Turn lightly every 2-30 seconds until lightly golden on all sides.

7. Serve warm, topped with salsa and sour cream and a side of Authentic Mexican Rice .

### **Nutrition**

Calories: 263kcal | Carbohydrates: 7g | Protein: 17g | Fat: 17g | Saturated Fat: 4g | Cholesterol: 50mg | Sodium: 557mg | Potassium: 197mg | Fiber: 2g | Sugar: 2g | Vitamin A: 440IU | Vitamin C: 1.2mg | Calcium: 129mg | Iron: 1.6mg

## Making the Chicken

### **Insta-Pot**

- Cut 2 large chicken breast into large pieces and cooked in the instant pot - manual for about 12 minutes, natural de-pressure for about 5 min. (internal 165F).

### **Air Fryer**

- Air fry with some Montreal chicken spice for 6 mins/side at 380F.

## Freezing for Later

- wrap chimichangas and vacuum seal for later

## Cooking

- if frozen, microwave for 2 1/2 mins on high to thaw/warm.
- air-fried for 5-7 minutes at 380F.

## Notes

- Made 1 batch with refied black beans and 1 with refried pinto beans.
- **refied black beans tasted better**