



Vegetarian Chile Rellenos

4 Servings • 1 Serving = 1 Chile Relleno

INGREDIENTS

- 5 large chile de arbol, dried and seeded
- ½ cup water
- 2 Tablespoons extra virgin olive oil, divided
- 1 ¾ cup white onion, finely chopped, ¼ cup divided
- 3 cloves garlic, finely chopped, 1 clove divided
- 2 large tomatoes, roasted
- 1 teaspoon salt, divided
- 4 large poblano peppers
- 1 teaspoon ground cumin
- 1 teaspoon dried Mexican oregano
- ½ cup red bell pepper, finely chopped
- ½ cup cooked corn kernels, fresh or frozen
- ½ cup cooked black beans, canned or freshly cooked
- ¼ cup cilantro, chopped
- ½ cup queso blanco, diced

DIRECTIONS

1. Place chiles and water in a bowl and soak for 30 minutes.
2. Heat a large saucepan over medium-low heat. Add 1 Tablespoon oil and 1 ½ cups of onion. Sauté onions until they are soft but not browned, 4-5 minutes. Add 1 clove garlic and cook another minute.
3. Add tomatoes and chiles with water in a blender or food processor and puree completely, 1-2 minutes.
4. Pour the pureed mix into the saucepan with the onion and garlic and stir. Bring to a simmer and cook for 5-10 minutes, or until the sauce brings to a boil. If it becomes too thick, add a little more water. Season with ½ teaspoon salt, remove from heat, and set aside.
5. Preheat the oven to 350°F.
6. Place the peppers onto a baking sheet and place under a broiler until charred, turning several times throughout, about 10 minutes. Once charred all over, place the peppers into a heatproof bowl. Cover with plastic wrap and let chiles steam for 10 minutes.
7. After 10 minutes, gently rub off the skins, making sure to keep the pepper intact.
8. Heat the remaining oil in a large skillet over medium heat. Add the remaining garlic and onion and sauté gently. Stir in the cumin and oregano and cook until the onion starts to soften.
9. Add in the bell pepper and cook 2 minutes, until softened.
10. Add in the corn and black beans and warm through. Stir in the cilantro and season with remaining salt.
11. Transfer the mixture to a large bowl and cool slightly. Stir in the cheese.
12. Cut a slit lengthwise into each pepper. Pull out and discard the seeds and veins but keep the stem on. Divide the filling among the chiles. Lay them in a 1-quart baking dish and bake 10-12 minutes, until the cheese is melting. Top with salsa.

Nutrition Facts

4 servings per container
Serving size 1 Chile Relleno

Amount per serving
Calories 240

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 740mg	32%
Total Carbohydrate 27g	10%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 156mg	10%
Iron 3mg	15%
Potassium 753mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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