

Healthy Chili Rellenos

Serving Size: 1/12 of recipe

Serves: 12

Ingredients

12 fresh poblano peppers
Refried Beans
½ pound pinto beans, rinsed and drained
3 cups low sodium vegetable broth
1 tomato, diced
1/3 onion, diced
1 tablespoon fresh cilantro, diced
1 clove garlic, minced
Pinch of salt and pepper
Meat Mixture
1 pound lean ground beef, 90% lean or better
1 onion, diced
1 clove garlic, minced
1 teaspoon chili powder
1 teaspoon dried oregano
½ teaspoon paprika
½ teaspoon red pepper flakes
½ teaspoon ground cumin
Pinch of salt and pepper
18 ounces grated mozzarella

Directions

1. Roast the poblano peppers over an open flame (directly on a gas burner) turning until the skin darkens and cracks.
2. Place the hot peppers into a ziplock bag and steam until the skin loosens, about 3-5 minutes.
3. Remove the peppers and peel them.
4. Combined the rinsed beans and the vegetable broth and boil for 3 minutes. Reduce heat, add the other ingredients and simmer until the beans are tender, about 45 minutes.
5. Mash bean mixture to the consistency of refried beans. Add a little olive oil if needed to thin. Set aside.
6. Brown the beef. Add the remaining ingredients except the cheese and cook until the onion is soft. Set aside.
7. Slice each poblano pepper along one side and remove the seeds. (Wear gloves to handle the seeds to prevent getting juice in your eyes.)
8. To each pepper add about 3 tablespoons of beans, 3 tablespoons of the meat mixture and 1½ ounces of cheese. Pin with a toothpick if needed.
9. Roast in the oven for about 10-15 minutes just to melt the cheese.
10. Serve with ¼ cup of salsa on top.

Exchanges per serving:

2 Medium Meats, 1 Starch, 2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 311
Calories from fat: 113
Total Fat: 13g
Cholesterol: 47mg
Sodium: 311mg
Total Carbohydrate: 26g
Dietary Fiber: 7g
Protein: 25g