



Chiles Rellenos Stuffed Peppers

Savannah · 29/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

4

Description

This recipe for chiles rellenos takes a little bit of time but it is worth every minute. Serve this traditional Mexican dish with a side of Spanish rice. Provecho.

Ingredients

- - 4 fresh poblano chile peppers - ½ pound lean ground beef - 2 Roma (plum) tomatoes
- chopped - 1 onion
- chopped - 1 clove garlic
- chopped - salt and pepper to taste - 3 eggs
- separated - 1 cup shredded mozzarella cheese - ½ cup all-purpose flour - 1 cup corn oil

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Roast whole peppers over an open flame on a gas stovetop burner
2. turning frequently
3. until skins are evenly black and blistered. Transfer peppers to a resealable plastic bag. Seal the bag and let peppers sweat for a while; this will allow the skins to peel off easily. Dotdash Meredith Food Studios While the peppers are sweating
4. cook ground beef in a skillet over medium-high heat evenly browned and crumbly
5. 5 to 7 minutes. Add tomatoes
6. onion
7. and garlic; cook for a few more minutes. Season with salt and pepper. Dotdash Meredith Food Studios Wear food-safe gloves if desired and remove peppers from the bag. Peel off and discard burnt skins. Run peppers under cool running water to rinse away any burnt pieces
8. then blot dry with a paper towel. Make a small vertical slit in the side of each pepper. Remove the seeds and veins through the slits. Dotdash Meredith Food Studios Stuff each pepper halfway with beef mixture
9. then fill the rest of the way with shredded mozzarella. Close the slits and secure with toothpicks. Dotdash Meredith Food Studios Beat egg whites in a large glass or metal bowl until thick and fluffy. Beat in egg yolks until blended in
10. about 1 minute. Place flour in a shallow bowl. Dotdash Meredith Food Studios Heat 1/4 inch of oil in a large
11. heavy skillet over medium-high heat. Coat stuffed peppers with a light dusting of flour
12. then dip into eggs until fully covered. Carefully place peppers into hot oil and fry on both sides until golden. Drain on paper towels
13. then serve on a large platter. Dotdash Meredith Food Studios Recipe Tip You can char pepper skins under the broiler if desired. Editor's Notes: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
14. ingredient density
15. and specific type of oil used.