

Festive Poblano Peppers



Makes:

10 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

12" Electric Oil Core Skillet

Rate ★★☆☆☆☆

Recipe:

[Write a Review](#)

1 cup

cooked rice

(186

g)

½ pound

ground pork sausage

(230

g)

1 cup

corn

(154

g)

8 ounces

black beans, drained and rinsed

(230

g)

½ cup

cilantro, chopped

(8

g)

3 Roma tomatoes, de-seeded and diced

½ yellow onion, processed, use Cone #2

2 pods of garlic, chopped

1 cup

cheddar cheese, processed, use Cone #2

(113

g)

1 teaspoon

garlic salt

(3

g)

5 poblano peppers, cut in half (10 halves)

avocados, sliced or diced, for topping

picante sauce for topping

lemon and lime for garnish

Directions:

1. Cook rice according to package.
2. Preheat large skillet to medium high heat. When several drops

- of water sprinkled on skillet skitter and dissipate, add sausage and brown. Add onions and sauté.
3. Add diced tomatoes, chopped garlic and black beans. Stir until well blended and cooked thoroughly. Add cheese and mix well.
 4. Stuff ingredients into pepper halves. Place peppers in electric skillet, with pepper side down. Cook peppers for 35 minutes at 375°F.
 5. Plate peppers, garnish and serve.

Nutritional Information per

▼ Serving

Calories: 172
Total Fat: 7g
Saturated Fat: 3g
Cholesterol: 19mg
Sodium: 425mg
Total 18g
Carbs:
Dietary Fiber: 4g
Sugar: 2g
Protein: 10g