

Festive Poblano Peppers



Makes:

10 servings

Utensil:

Saladmaster Food Processor

11" Large Skillet with Cover

12" Electric Oil Core Skillet

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1

cup

cooked rice

(186

g)

¹/₂

pound

ground pork sausage

(230

g)

1

cup

corn

(154

g)

8

ounces

black beans, drained and rinsed

(230

g)

¹/₂

cup

cilantro, chopped

(8

g)

3
 Roma tomatoes, de-seeded and diced
 1²
 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 Carbs:

18g

Dietary Fiber:

4g

Sugar:

2g

Protein:

10g