



Mexican Stuffed Poblano Peppers

INGREDIENTS

- 4 medium poblano peppers
- 1 lb. or 1 1/2 cups precooked meat mix, thawed*
- 1 (14.5 oz.) can diced fire-roasted tomatoes, undrained
- 1 package taco spice

- 1 cup brown rice, cooked
- 1 cup Monterey jack and cheddar cheese mix, shredded
- 1 ripe avocado
- 1/4 cup light sour cream
- 1/2 lime, juiced (1 teaspoon)
- Garnish: avocado crème, fresh chopped cilantro, lime wedges, salsa

DIRECTIONS

1. Preheat oven to 375°F.
2. Cut each of the poblano peppers in half lengthwise - do not cut off the stem end. Remove and discard the seeds and pith/ribs.
3. In a large bowl, thoroughly mix the ground beef, tomatoes, taco seasoning, and cooked rice.
4. Stuff the halved peppers with the meat mixture then place in a lightly greased 9x13" casserole dish.
5. Cover with foil and bake for 25 minutes or until peppers are tender at 375°F. Uncover and sprinkle shredded cheese on top then continue to bake uncovered for an additional 5 minutes to melt the cheese.
6. While the peppers finish cooking, make the avocado crème. Using a hand mixer or small food processor, mix together the peeled avocado, lime juice, and sour cream until smooth.
7. Serves: 4 (2 halves)



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EXTENSION

NUTRITION & FOOD SAFETY RECIPE OF THE MONTH JUNE

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Nutrition Facts

Serving Size: 2 halves (0.0g)
Servings Per Container: 4

Amount Per Serving

Calories 670 **Calories from Fat** 410

% Daily Value*

Total Fat 46g **71%**

Saturated Fat 18g **90%**

Trans Fat 1.5g

Cholesterol 125mg **42%**

Sodium 580mg **24%**

Total Carbohydrate 34g **11%**

Dietary Fiber 9g **36%**

Sugars 4g

Protein 33g

Vitamin A 90% • Vitamin C 15%

Calcium 35% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.