



Chile Relleno Casserole

 Popular

READY IN



85 min.

SERVINGS



8

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 poblano chiles
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 cup onion chopped
- ☐ 4 teaspoons garlic minced
- ☐ 28 ounce canned tomatoes canned
- ☐ 8 servings salt
- ☐ 1 pound mexican chorizo (or other spicy sausage)
- ☐ 1 cup cotija cheese crumbled (can sub feta)

- ☐ 1 teaspoon oregano fresh minced
- ☐ 12 eggs
- ☐ 0.3 cup flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 cup mild cheddar cheese shredded

Equipment

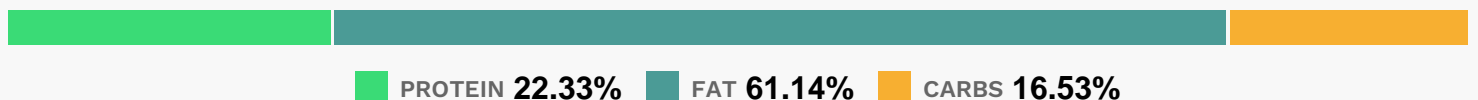
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ spatula

Directions

- ☐ Char the whole poblano chiles: The first step is to char the outside skin of the poblano chiles. The easiest way to do that is directly over the flame of a gas burner (see How to Roast Chiles over a Gas Flame).
- ☐ You can also do that over a grill, or in a broiling pan under a broiler (don't use a thin baking sheet or it will warp under the high heat). Just put the chiles close enough to the heating element so they char and blister on the surface.
- ☐ Turn the chiles so that they get completely blackened all around.
- ☐ Place the blackened chiles in a bowl and cover with a plate or damp towel.
- ☐ Let the chiles steam in their own heat for several minutes.
- ☐ Sauté onion, garlic, add tomatoes, salt, and simmer: While the chilies are cooling, heat olive oil in a large sauté pan, on medium high heat.
- ☐ Add the chopped onion and cook until translucent, about 5 minutes.

- ☐ Add the garlic and cook for a minute more.
- ☐ Add the tomatoes (break up any whole tomatoes before adding to the pan).
- ☐ Add a pinch of salt. Bring to a simmer and lower the heat to low. Gently simmer for 15–20 minutes.
- ☐ Remove from heat and set aside.
- ☐ Peel the blackened skin off the poblanos: Carefully peel and discard the blackened skin off of the chilies.
- ☐ Cut off the stem ends. Carefully remove the seed pod without tearing the chiles (which you will stuff later).
- ☐ Put the Mexican chorizo in a large frying pan and set the heat to medium high. Break up the chorizo with the edge of a metal spatula as you cook it. Cook until cooked through, about 4 minutes.
- ☐ Spread tomato sauce over bottom of baking dish: Preheat oven to 375°F.
- ☐ Spread the tomato sauce over the bottom of an 9x13 inch baking dish. The tomato sauce should be the consistency of a thin spaghetti sauce. If it is too thick, thin it out with a little water.
- ☐ Make stuffing: In a large bowl, mix together the stuffing of the cooked chorizo, cotija, and oregano.
- ☐ Stuff chiles with chorizo mixture and place on top of tomato sauce in the baking dish.
- ☐ eggs, flour, baking powder, salt: In a large bowl, vigorously whisk the eggs.
- ☐ Whisk in the flour, baking powder, and a pinch of salt.
- ☐ Sprinkle chiles with half of the jack or cheddar cheese.
- ☐ Pour egg mixture over chiles and sprinkle with remaining cheese.
- ☐ At this point you can make ahead and chill for several days.
- ☐ Add 10 minutes to cooking time in the next step if you make ahead and chill.
- ☐ Bake:
- ☐ Bake at 375°F until top starts to brown and the eggs are set but still soft, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:6.28, Inflammation Score:-9, Nutrition Score:25.651304327923%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg, Luteolin: 5.61mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 509.12kcal (25.46%), Fat: 34.74g (53.45%), Saturated Fat: 14.3g (89.4%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 16.6g (6.04%), Sugar: 8.42g (9.36%), Cholesterol: 318.83mg (106.28%), Sodium: 829.23mg (36.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.11%), Vitamin C: 106.76mg (129.4%), Selenium: 31.76µg (45.37%), Vitamin B2: 0.67mg (39.55%), Phosphorus: 371.5mg (37.15%), Calcium: 366.45mg (36.65%), Vitamin B6: 0.67mg (33.46%), Vitamin A: 1508.74IU (30.17%), Iron: 4.58mg (25.43%), Manganese: 0.45mg (22.6%), Vitamin E: 3.12mg (20.83%), Folate: 80.24µg (20.06%), Potassium: 662.11mg (18.92%), Vitamin B12: 1.13µg (18.81%), Fiber: 4.53g (18.11%), Vitamin K: 18.89µg (17.99%), Zinc: 2.69mg (17.91%), Vitamin B5: 1.73mg (17.33%), Vitamin B1: 0.26mg (17.15%), Copper: 0.34mg (17.11%), Magnesium: 53.28mg (13.32%), Vitamin B3: 2.38mg (11.91%), Vitamin D: 1.52µg (10.15%)