



Sloppy Jose with Chorizo, Charred Poblanos and Avocado Crema

READY IN



45 min.

SERVINGS



4

CALORIES



1156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado
- ☐ 1 tablespoon canola oil
- ☐ 1 cup chihuahua cheese shredded
- ☐ 2 pounds mexican chorizo fresh
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 1 teaspoon ground cumin
- ☐ 1 lime zest juiced
- ☐ 2 poblano peppers seeded cut into 1/4-inch-by-2-inch strips

- ☐ 12 ounce salsa (I like chunky, but use whatever you like)
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 4 servings butter salted for toasting the buns at room temperature
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 bolillo rolls fresh

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Place the cilantro, sour cream, avocado, lime zest and juice in a food processor and run until smooth. Season with salt and pepper and reserve, covered with plastic wrap pressed directly on top to keep from browning.
- ☐ For the filling: Preheat a heavy-bottomed 12-inch skillet over high heat, and then add in the oil.
- ☐ Add the poblano peppers, season with cumin, salt and pepper and toss to coat.
- ☐ Saute until the peppers are slightly soft and blistered, 5 to 7 minutes.
- ☐ Remove from the heat and set aside.
- ☐ In the same skillet, add the chorizo and cook over medium heat, breaking up with a wooden spoon as it cooks. Cook the chorizo until well browned and cooked through, 10 to 15 minutes. If your chorizo has extra fat you can drain it on a paper-towel-lined plate to remove excess fat and then add the chorizo back to the pan along with the salsa. If your chorizo doesn't have that much fat, just add in your salsa and keep the party going. Simmer until heated through, about 5 minutes.
- ☐ For the sandwich build: Slice, butter and toast each of the rolls until golden brown and crusty.
- ☐ Sprinkle some cheese on the bottom bun, and then a hefty spoonful of the hot chorizo. On top of the chorizo place some poblanos. Smear the top bun with lots of avocado crema and serve 'em up.

Nutrition Facts

PROTEIN 18.09% FAT 64.9% CARBS 17.01%

Properties

Glycemic Index:74.25, Glycemic Load:24.12, Inflammation Score:-9, Nutrition Score:21.97739146585%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 1156.06kcal (57.8%), Fat: 82.59g (127.07%), Saturated Fat: 31.09g (194.32%), Carbohydrates: 48.71g (16.24%), Net Carbohydrates: 41.16g (14.97%), Sugar: 10.23g (11.37%), Cholesterol: 189.23mg (63.08%), Sodium: 1275.26mg (55.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.81g (103.62%), Iron: 16.39mg (91.05%), Vitamin C: 60.06mg (72.8%), Vitamin A: 2158.98IU (43.18%), Fiber: 7.55g (30.21%), Vitamin K: 28.59µg (27.23%), Calcium: 269.27mg (26.93%), Vitamin E: 3.4mg (22.64%), Vitamin B6: 0.45mg (22.5%), Phosphorus: 213.23mg (21.32%), Potassium: 644.67mg (18.42%), Vitamin B2: 0.27mg (15.76%), Folate: 59.63µg (14.91%), Selenium: 9.65µg (13.79%), Manganese: 0.27mg (13.57%), Vitamin B5: 1.15mg (11.47%), Magnesium: 45.8mg (11.45%), Zinc: 1.71mg (11.4%), Vitamin B3: 2.22mg (11.11%), Copper: 0.22mg (11.09%), Vitamin B1: 0.12mg (7.88%), Vitamin B12: 0.34µg (5.64%), Vitamin D: 0.17µg (1.13%)