

# Roasted Black Bean Chile Rellenos

## Ingredients

- 4 large poblano peppers
  - 6 medium tomatoes, halved
  - 6 garlic cloves
  - 1 large onion, quartered
  - 1 jalapeno, halved
  - 1 ear fresh corn
  - 2 Tbs avocado oil
  - 14oz can low-sodium black beans, drained
  - 1 cup grated pepper jack cheese
  - 2 tsp ground cumin
  - 1 tsp ground coriander
  - 1 tsp chili powder
  - 1 tsp dried oregano
  - 1 tsp salt
  - 1/2 cup water
- Optional Garnish:
- Cilantro
  - Sliced radish
  - Green onions



*A healthy take on a Puebla favorite, this chile rellenos is baked, not fried, and filled with protein-rich black beans and pepper jack cheese. The roasted ranchero sauce far exceeds any store-bought version in flavor and nutrition. Enjoy with a side of chips and guacamole!*

1. Preheat oven to 425°F. Arrange peppers, tomatoes, garlic, and onion on baking sheet. Drizzle with oil and salt. Cook uncovered 15 minutes. Add corn and cook additional 15 minutes or until onions are soft.
2. In medium bowl, mix beans with cheese. Add 1/3 chopped onions and sliced corn.
3. To make ranchero sauce, in blender, combine remaining roasted tomatoes, garlic, onion, jalapeno, along with the spices and water. Blend until smooth .
4. Prepare the poblano peppers by cutting slit from stem down. Gently remove seeds by running under cool water.
5. Pour half of the ranchero sauce on the bottom of an oven-safe skillet. Place peppers in skillet and spoon filling into them. Pour remaining sauce on top, cover with foil and bake at 425°F for 20-25 minutes.

Recipe inspired by Sylvia Fountaine's Roasted Chiles Rellenos recipe at [www.feastingathome.com](http://www.feastingathome.com) .



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