

Cuban-Style Stuffed Poblanos

Poblanos make this stuffed-pepper recipe a little fiery while a sprinkling of raisins make it a little sweet. That combo plus beef, rice, and tomatoes make a mouthwatering healthy dinner. We understand if you go back for seconds. And really, at 225 calories per half, you could eat two while sticking to a healthy diet.

By **BHG Test Kitchen** | Published on January 2, 2019

Prep Time: 20 mins

Bake Time: 30 mins

Total Time: 50 mins

Ingredients

3 fresh poblano chile peppers*

12 ounce lean ground beef

½ cup chopped onion

2 cloves garlic, minced

1 14.5 ounce can fire-roasted diced tomatoes, drained

¾ cup cooked brown rice

½ cup raisins

½ cup sliced pitted green or pimiento-stuffed Spanish olives

¼ teaspoon ground allspice

¼ cup coarsely chopped almonds, toasted

Directions

Step 1

Preheat oven to 375°F. Halve peppers lengthwise, leaving stems intact, if desired. Remove seeds and membranes. Arrange pepper halves cut sides up in a 3-qt. rectangular baking dish.

Step 2

In a large skillet cook beef, onion, and garlic over medium until beef is no longer pink. Drain off any fat. Stir in tomatoes, rice, raisins, olives, and allspice. Spoon beef mixture into pepper halves.

Step 3

Pour boiling water into baking dish around peppers; cover with foil. Bake 30 to 35 minutes or until peppers are tender. Sprinkle with almonds.

*Tip

Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

Tip

Select larger poblano chiles that are smooth and full all around.

Nutrition Facts

Per serving: 225 calories; total fat 7g; saturated fat 2g; cholesterol 36mg; sodium 355mg; total carbohydrate 26g; total sugars 8g; protein 15g; vitamin c 154.7mg; calcium 51mg; iron 3.5mg; potassium 463mg; folate, total 20.1mcg; vitamin b-12 1.2mcg; vitamin b-6 0.4mg