

Stuffed Poblano Peppers

Ingredients

3-4 Poblano Peppers
1 1/2 lbs. Hot Italian Sausage
½ cup cooked rice
1 small onion diced
1 egg
1/3 cup seasoned bread crumbs
1 14 oz. can diced tomatoes with green chilies or
1 jar of favorite salsa
Queso Fresco Cheese or Shredded Taco Blend Cheese

Preparation

Pre heat oven to 375

Cook rice and set aside and allow to cool. In skillet cook onion with butter or oil until softened and set aside.

Remove stem peppers, cut in half length wise and remove seeds.

In bowl mix sausage, rice, egg, onion and bread crumbs until combined.

Spray 9 x 13 pan with cooking spray. Spread diced tomatoes or salsa evenly in pan. Fill pepper halves with sausage mixture and evenly distribute. Place stuffed peppers over tomato mixture and cover with aluminum foil. Place in oven for 30 minutes.

After 30 minutes remove foil and crumble queso fresco cheese over each pepper, return to oven for 30 more minutes uncovered. Remove from oven and rest for 5-10 minutes.

Enjoy!