

Charred Chili Rellenos

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-corn-dog-recipe>

Ingredients:

- 4 poblano peppers large
- 2 tablespoons vegetable oil
- 3 cups corn frozen or fresh
- 1 red onion chopped
- 1 jalapeno seeded and chopped
- 4 cloves garlic chopped
- 15 ounces fire roasted tomatoes or regular works fine as well
- 1 1/2 teaspoons cumin
- 1/2 teaspoon oregano
- pepper
- salt
- italian sausage heaven forbid
- 1 cup mexican blend cheese shredded, or Chihuahua cheese

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 55 milligrams
4. Fat: 28 grams
5. Fiber: 7 grams
6. Protein: 18 grams
7. SaturatedFat: 10 grams
8. Sodium: 950 milligrams
9. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Charred Chili Rellenos above. You can see more 16 italian sausage corn dog recipe You won't believe the taste! to get more great cooking ideas.