

Poblanos Stuffed with Picadillo

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-buffalo-stuffed-bell-peppers-recipe>

Ingredients:

- 14 1/2 ounces diced tomatoes undrained
- 1 cup chopped onion
- 1 jalapeno stemmed, and roughly chopped
- 3 cloves garlic
- 1 teaspoon salt
- 4 tablespoons olive oil
- 1 onion chopped
- 4 cloves garlic minced
- 1 pound ground bison or lean ground beef
- 4 bell peppers chopped, recommend red, green, yellow, and orange for color
- 3 Roma tomatoes chopped
- 3 tablespoons chopped fresh cilantro
- 6 poblano chile peppers large fresh, roasted, halved, seeded, and stemmed
- 1/2 cup asadero cheese or Oaxaca, shredded

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 45 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 440 milligrams
9. Sugar: 7 grams

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