

# Queso Stuffed Poblanos

Yield: 5 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexico-city-spinach-queso-recipe>

## Ingredients:

- 28 ounces diced tomatoes
- 1/2 red onion chopped, reserve a small amount for the mushrooms later
- 1 handful cilantro
- 1 jalapeño pepper remove the seeds and ribs if you want it mild
- 1 cup water
- 1 1/2 teaspoons salt
- 2 tablespoons butter
- 8 ounces fresh mushrooms
- 8 ounces fresh spinach
- 5 poblano peppers
- 1 cup white rice uncooked
- 1 1/2 cups queso shredded, melt cheese, just about any kind of cheese will work
- 3 tablespoons flaxmeal optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 55 milligrams
4. Fat: 18 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 10 grams
8. Sodium: 1120 milligrams
9. Sugar: 7 grams

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