



Cheesy Beef and Bean Stuffed Poblanos

WITH SOUR CREAM AND GREEN ONIONS

Classic



Prep & Cook Time

25-35 MIN

Cook Within

5 DAYS

Difficulty Level

EASY

Spice Level

MEDIUM

You Will Need

Salt, Cooking Spray
Baking Sheet, Large Non-Stick Pan

Ingredients

3 Poblano Peppers
1/4 oz. Flour
3 oz. Corn Kernels
2 oz. Shredded Cheddar-Jack Cheese
3 oz. Fire Roasted Diced Tomatoes
4 tsp. Fajita Seasoning
4 oz. Black Beans
2 Green Onions
2 oz. Sour Cream

Customize It Options

10 oz. Ground Beef
10 oz. Steak Strips
10 oz. Ground Pork
20 oz. Ground Beef

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/20347

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **green onions, cheese**



1. Start the Poblanos

- Halve **poblanos** lengthwise and remove ribs and seeds. Poblano peppers can vary in spice level; most are mild, but a few can be quite hot. Wash hands and cutting board after prepping.
- Place poblanos on prepared baking sheet, cut-side down. Spray with **cooking spray** and season all over with a pinch of **salt**.
- Bake in hot oven, 15 minutes.
- Carefully, remove baking sheet from oven and flip poblanos cut-side up.
- While poblanos bake, continue recipe.



2. Prepare the Ingredients

- Drain **black beans**.
- Trim and thinly slice **green onions**, keeping white and green portions separate.



3. Start the Filling

- Place a large non-stick pan over medium-high heat.
- Add **ground beef** and **white portions of green onions** to hot pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.



4. Finish the Filling

- Add **flour** to hot pan and stir until no dry flour remains.
- Add **tomatoes, corn, black beans, ½ cup water, fajita seasoning**, and **½ tsp. salt** and stir to combine. Bring to a simmer
- Once simmering, stir occasionally until liquid is reduced by half, 4-6 minutes.
- Remove from burner. Stir in half the **cheese** (reserve remaining for topping).



5. Finish Poblanos and Finish Dish

- Fill **poblanos** evenly with **filling**, then top with remaining **cheese**. Baking sheet will be hot! Use a utensil.
- Bake again in hot oven until filling is bubbling, 5-7 minutes.
- Plate dish as pictured on front of card, garnishing **poblanos** with **sour cream** and **green portions of green onions**. Bon appétit!