

# Chile Relleno Burrito

This is our quick-to-table take on classic Mexican chiles rellenos. Roasted mild poblano peppers are enveloped with two different cheeses and protein-rich black beans, and then topped with spicy salsa before being wrapped up in a warm tortilla. (Fair warning for the spice adverse: this dinner has a little kick.)

**30** *Minutes to the Table*

**15** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Baking Sheet  
Casserole Dish  
Saucepan

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Poblano Peppers  
Flour Tortillas  
Spiced Beans  
Mozzarella & Pepper  
Jack  
Tomatillo Salsa

## Make The Meal Your Own

**If you're making the carb conscious version**, we've sent you cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 39g**. In step 2, place the cauliflower next to the poblanos on the baking sheet and cook for the same amount of time. In step 4, stuff the poblano halves with a little cheese, then the cauliflower, then beans, more cheese and the Tomatillo Salsa

**If you're making the gluten-free version**, we've given you corn tortillas for tacos. Follow the instructions up through step 3 and then, instead of rolling a burrito, fill the tortillas like tacos.

## Good To Know

**Need some help rolling a burrito?** It's easier than you think. Start by thinking about how the pros do it. Put the filling on the lower half of the tortilla. Fold the sides in, pull the bottom up over the filling, and then roll. You want a compact bundle, so keep the tortilla wrapped tightly around the filling.

**Health snapshot per serving** – 555 Calories, 21g Fat, 27g Protein, 68g Carbs, 18 Smart Points

**Lightened up snapshot** – 390 Calories, 15 g Fat and 16 SmartPoints with no tortillas – you'll be making stuffed peppers, instead.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Poblano Peppers, Black Beans, Tomatillos, Flour Tortillas, Pepper Jack Cheese, Mozzarella Cheese, Cream Cheese, Lime, Cilantro, Jalapeno, Spices

*meez* meals

### 1. Getting Organized

Preheat your broiler.

### 2. Roast the Poblano Peppers and Heat the Tortillas

Put the **Poblano Peppers** into a casserole dish, skin side up. Put the dish a few inches away from the broiler and cook until the peppers soften, about 5 to 7 minutes.

*Put down the poblano peppers with an olive oil-dipped paper towel.*

Put the **Flour Tortillas** on a baking sheet and then put into the oven on a lower rack. Heat them until they soften, about 3 minutes.

### 3. Heat the Beans

While the tortillas are cooking, heat 1 Tbsp olive oil in a saucepan over medium-high heat. Add the **Spiced Beans** and 3 Tbsp water. Heat, stirring, until warm. Remove from the heat and set aside.

### 4. Make the Burritos

Turn the oven to 375. Sprinkle some **Mozzarella & Pepper Jack** on each tortilla, followed by the pepper halves. Fill with beans, more cheese and some of the **Tomatillo Salsa**.

Put the burritos into the casserole dish seam side down and bake until lightly browned on the outside, about 5 to 10 minutes. Enjoy!

*As you roll the burrito, try to roll it so you're making the pepper whole. This will give you the whole chile relleno experience as you eat.*

*Love this recipe? #meezmagic*

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**