

# Chilies Rellenos Bake

Donna Foley

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

## **Servings: 6**

*1 pound ground beef  
1/2 cup onions, chopped  
6 - 8 hot peppers  
6 ounces (1-1/2 cups) sharp  
Cheddar cheese, shredded  
1 1/2 cups milk  
4 eggs, beaten  
1/4 cup flour  
1/2 teaspoon salt*

Preheat the oven to 350 degrees.

Place the peppers on a baking sheet. Toast the peppers under the broiler until the skin chars on all sides. Remove from the oven. Remove the skin. Halve the peppers and remove the seeds.

In a skillet, brown the beef and onions. Sprinkle with salt.

Place half of the peppers in a 10x6-inch baking dish. Sprinkle with the cheese. Place the meat mixture on top of the cheese. Arrange the remaining peppers over the meat.

In a bowl, combine the milk, eggs and flour. Beat until smooth. Pour the mixture over the peppers.

Bake for 45 to 50 minutes until a knife inserted in the center comes out clean.

Cool for 5 minutes before serving.

---

Per Serving (excluding unknown items): 820 Calories; 63g Fat (69.5% calories from fat); 49g Protein; 14g Carbohydrate; 1g Dietary Fiber; 333mg Cholesterol; 1013mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat.