

# Stuffed Chillies (Chilies Rellenos)

## Guatemala

*Yolanda de Smith - Guatemala City, Central america  
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### **Servings: 12**

*12 chillies (not piquant)  
vinegar  
1/2 pound pork meat  
1/2 pound beef meat  
6 chopped tomatoes  
1 chopped onion  
1 clove garlic, chopped  
1 teaspoon salt  
2 teaspoons oil  
1 clove garlic, diced  
1 onion, chopped  
1 tomato, diced  
1 teaspoon salt  
1/8 teaspoon pepper  
1 laurel leaf  
1 piece thyme  
2 carrots, very finely  
chopped  
1/2 pound green beans,  
very finely chopped  
2 potatoes, very finely  
chopped  
1 tablespoon capers  
1/4 cup vinegar  
1/2 cup bread crumbs  
CHILIES WRAPPING  
2 eggs, separated  
1/2 tablespoon flour  
salt  
1/2 cup oil*

### **Preparation Time: 2 hours**

#### **Cook Time: 1 hour**

Roast the chillies in the stove plate. When they are ready, place them in a plastic bag in order that their skin gets soft. Wait for some minutes, and proceed to peel, open and take out the seeds from them. Wash them and leave them in a plate with a little bit of vinegar.

Prepare the stuffings: In a saucepan, boil the two types of meat with the tomato, onion, garlic and salt. (You can boil this in a pressure cooker.) After it is cooked, chop with a food processor or by hand.

In a pan, heat the oil and fry the chopped garlic until it gets soft, adding the chopped onion and chopped tomato. Add the salt, pepper and include the laurel and thyme. Add the chopped meat, carrot, green beans and potatoes that are already boiled. Add the capers (better divided in two), 1/4 cup of vinegar, and the bread crumbs. Cover this and allow it to cook for 5 minutes or more. (With this blend, you can fill the chillies, giving them a nice form.)

To cook the chillies; In a bowl, beat the egg whites until it forms a kind of peak. Add the egg yolks, flour and salt. Every stuffed chile must be wrapped with the beaten eggs and fried in hot oil, adding as much oil as needed.

The chillies can be accompanied with white rice and a salad.

(You can prepare the chillies days in advance and freeze them. When serving, reheat them in the oven for 30 minutes.)

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Per Serving (excluding unknown items): 169 Calories; 11g Fat (57.7% calories from fat); 3g Protein; 15g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 426mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.