
Chiles Rellenos Bake

Helen Barrionuevo

St Therese de Lisieux Commemorative Cookbook -2010

1 pound ground beef
1/2 cup onion, chopped
1/2 teaspoon salt
black pepper
2 cans (4 ounce ea) green chilies, drained
6 ounces Cheddar or Chihuahua cheese, shredded
1 1/2 cups milk
4 eggs, beaten
1/4 cup flour
hot pepper sauce (To taste)

Preheat the oven to 350 degrees.

In a skillet, brown the ground beef and the onion. Drain. Sprinkle the meat with salt and pepper.

Cut the chilies in half crosswise and remove the seeds. Place half of the chilies in a 10x6-inch baking dish. Sprinkle with cheese and top with the meat mixture. Place the remaining chilies over the meat mixture.

In a bowl, combine the milk, eggs, flour and hot pepper sauce.. Beat until smooth. Pour over the chilies.

Bake in the oven for 45 to 50 minutes. Insert a knife into the casserole to check for donenes.

Ground Beef

Per Serving (excluding unknown items): 2072 Calories; 153g Fat (67.5% calories from fat); 117g Protein; 49g Carbohydrate; 2g Dietary Fiber; 1284mg Cholesterol; 1837mg Sodium. Exchanges: 1 1/2 Grain(Starch); 14 Lean Meat; 1 Vegetable; 1 1/2 Non-Fat Milk; 22 Fat.