

Pork

Stuffed Poblano Chiles with Sausage and Corn

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Servings: 8

Preparation Time: 45 minutes

Cook time: 20 minutes

1 1/2 cups water
1/2 cup farro, rinsed
1 dried chipotle pepper
1/4 teaspoon cayenne pepper
8 ounces sweet or hot Italian sausage, casings removed
1/2 cup sweet onion, finely chopped
1/2 cup celery, sliced
1/3 cup green sweet pepper, finely chopped
1 fresh serrano pepper, sliced
2 cloves garlic, minced
1/4 cup bottled diced pimiento or roasted red sweet pepper
3/4 cup steamed red kidney beans OR canned red kidney beans, rinsed and drained
1 teaspoon dried oregano, crushed
1 teaspoon chili powder
1/8 teaspoon cayenne pepper
1 cup fresh corn cut from the cob
sea salt
8 fresh poblano/pasilla peppers, roasted, seeded and peeled

In a small saucepan, combine the water, farro, chipotle and cayenne pepper. Bring to boiling. Reduce the heat and simmer, covered, for 20 minutes or until the farro is tender. Drain. If desired, remove the stem and seeds from the chipotle. Chop and stir into the farro.

Preheat the oven to 350 degrees.

In a 12-inch skillet, cook the sausage for 5 minutes. Add the onion, celery, sweet pepper, serrano pepper and garlic. Cook for 5 minutes until the vegetables are tender and the sausage is no longer pink.

Stir in the pimientos, beans, oregano, chili powder, cayenne pepper, farro and corn. Heat through. Season to taste with salt.

Fill the roasted peppers with the farro-sausage mixture. Transfer to a shallow baking pan.

Roast the stuffed peppers for 10 to 15 minutes until heated through.

Top with salsa, if desired.

Per Serving (excluding unknown items): 8 Calories; trace Fat (11.2% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat.