

Vegan Chiles Rellenos

- 2 poblano or Anaheim chile peppers per serving (canned are OK)
- olive oil
- 1 clove garlic per serving
- 1/4 chopped yellow onion per serving
- 1/2 chopped sweet red pepper per serving
- 1/2 cup black beans per serving
- black pepper
- cumin
- paprika
- salt
- optional: melty cheese
- [enchilada sauce](#) ^[1]

Place poblano/Anaheim peppers under the broiler. Roast until the skin begins to change color and blister, flip and roast until the skin is blistered over all the peppers.

Place poblano/Anaheim peppers into a paper bag, and allow them to sit for about fifteen minutes, while you are preparing the filling.

Make the filling. Get some olive oil into a pot, and cook garlic, onions and sweet peppers until they begin to soften. Add black beans (mashing about 1/4 of the beans), and heat. Add black pepper, cumin, paprika and salt to taste. Put the filling aside.

Remove the outermost layer of skin from the poblano/Anaheim peppers. Remove the tops of the peppers, and all seeds and internals from each pepper.

Stuff each pepper with the filling, and lay in a shallow roasting pan. Optionally, shred cheese over the peppers.

Pour enchilada or red sauce over the peppers. You can put this aside to cook later (or even freeze).

Place under the broiler for a short while, until well toasted. Serve immediately. If frozen, cook in a medium oven.

Preparation time: 30 minutes

– [Subscriptions \(1\)](#)

Links:

[1] <http://kitchen.unseelie.org/.15>