

**INGREDIENTS:**

- 5 poblano chiles
- 1 tbsp of olive oil
- ½ cup of onion, chopped
- 1 (15 oz) can of unsalted black beans, drained
- ¼ tsp of ground cumin
- ½ cup of low-sodium chicken stock
- ½ cup of mozzarella cheese



# Chile relleno (stuffed chile peppers)

**Directions**

1. Preheat the oven to 350 °F. Place the chiles on a baking sheet and roast for 20 minutes.
2. Peel the roasted chiles and cut them in half lengthwise.
3. Heat the olive oil in a saucepan over medium heat. Add the onion and sauté until translucent. Add the black beans and cumin. Cook for five minutes.
4. Transfer the black bean mixture to a blender and blend with the chicken stock to form the “refrito.”
5. Fill the chiles with refrito. Arrange on a baking sheet, with open sides facing up, and sprinkle with mozzarella.
6. Bake at 350 °F until cheese is browned—about 12 minutes in the oven, or five minutes in the air fryer. Serve and enjoy!