



THE ingles TABLE

with Chef Lu
Stuffed Poblanos

Shopping List

For the peppers:

- 8 Poblano Peppers Washed
- Coat in oil. Roast in 500° for 8 minutes or until skins are charred.
- Place hot peppers in bowl and cover with plastic wrap. Allow to cool and peel off skins.
- Seed peppers and set aside for stuffing.

For the Filling:

- 1 Rotisserie Chicken deboned & shredded
- 1 16 oz. Container Ingles Fresh Pico de gallo
- 1 Cup Corn
- 1 Can Black Beans washed & Drained
- Juice of 1 Lemon
- 1 Bunch Cilantro, Washed & Chopped
- ½ Block Queso Fresco; Crumbled
- 2 Tbsp. Cumin



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Cooking Instructions

- 1) Combine all ingredients.
- 2) Stuff peppers. Place in oven proof container.
- 3) Cover & bake for 12-15 minutes or until thoroughly heated.
- 4) Garnish with remaining cheese, cilantro & Juice of lemon.