MEXICAN · DINNER · LUNCH

Chile Relleno Casserole with Creamy Tomato-Chipotle Sauce

75 min · Serves 6 · 576 kcal a serve · Video 6:33 · Ana Regalado

Nut-free

Roasted poblanos baked with fluffy eggs and melting cheese, under a cream sauce: about 29 g protein and just under 10 g net carbs a serve, 73% of the energy from fat, and rich in calcium and vitamin B12, with vitamin C from the peppers.

Diet notes: Keto (9.8 g net carbs a serve); Gluten-free with a swap: Check the bouillon powder and broth are gluten-free.

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Ingredients 19 · SERVES 6

- [ ] 6 large **poblanos**, roasted, peeled and seeded
- [ ] a little **vegetable or olive oil**, to rub on the poblanos (about 1 tsp)
- [ ] 5 large **eggs**, separated
- [ ] 1 Tbsp **tomato chicken bouillon powder**
- [ ] ½ tsp **garlic powder**
- [ ] ½ tsp **black pepper**
- [ ] ½ tsp **paprika**
- [ ] ½ tsp **salt**
- [ ] 1 lb **queso asadero** (or another melting cheese), thickly sliced
- [ ] 3 oz **Mexican blend cheese**, shredded
- [ ] ¼ **white onion**, for the sauce
- [ ] 2 **garlic** cloves, for the sauce
- [ ] 2 **Roma tomatoes**
- [ ] ½ tsp **chipotle peppers** in adobo sauce
- [ ] 2 cups **chicken or vegetable broth**
- [ ] ¼ tsp **cumin** (a pinch)
- [ ] 1 cup **heavy cream**
- [ ] **Olive oil**: a little cooking oil, to simmer the sauce (about 1 tsp)
- [ ] **salt and black pepper** for the sauce, to taste (about 1 tsp salt)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Rub the poblanos with a little oil and blister them in a large dry pan (or oven, open flame or air fryer), turning often, for up to 15 minutes. Cover off the heat for 20–30 minutes, then peel, remove the stems and seeds, and open them out flat. 0:18
2. Separate the eggs. Whisk the whites to soft peaks. Mix the bouillon, garlic powder, pepper, paprika and salt into the yolks (the cook suggests this order next time), then fold the yolks into the whites. 1:38
3. Line the bottom of an 8×10-inch baking dish with half the poblanos and spoon over some egg mixture to cover them. Add a layer of thick slices of queso asadero. 2:42
4. Top with the rest of the poblanos and the remaining egg mixture, then scatter over the Mexican blend cheese. Cover with foil and bake at 350 °F for 25–30 minutes. 3:27
5. For the sauce, blend the onion, garlic, tomatoes, chipotle, broth, a pinch of cumin, salt, pepper and the cream until smooth. Simmer it in a little oil in a small saucepan over medium heat for 8–10 minutes until smooth and slightly thickened. 4:36
6. Cut the casserole into squares and serve with the creamy sauce spooned over. 5:38

> **Tip** Serves 6 (our estimate). The cook serves it with Mexican rice; for keto, have a green salad instead. It is salty as made: low-sodium broth and less bouillon cut that. A layer of sautéed prawns (or picadillo) works too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
576 kcal	**29 g**	**13 g**	**2.7 g**	**47 g**	**1,960 mg**
2,410 kJ	57% of a day	9.8 g net · 8.1 g sugars 5% of a day	10% of a day	27 g saturated 60% of a day	85% of a day

Energy from net carbs 7% · protein 20% · fat 73% — fits keto: 9.8 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Vitamin C 114% · Vitamin B12 59% · Calcium 52% · Selenium 50% · Vitamin A 37% · Zinc 32% · Omega-3 27% · Vitamin B6 25%

Source of (10–19%) Vitamin K 14% · Vitamin E 13% · Magnesium 12% · Folate 12% · Potassium 11% · Iron 10%

⚠ One serve has about 85% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Ana Regalado (@SaltyCocina) on YouTube — youtube.com/watch?v=BJXxrZaC5ul, published 29 March 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chile-relleno-casserole-creamy-sauce