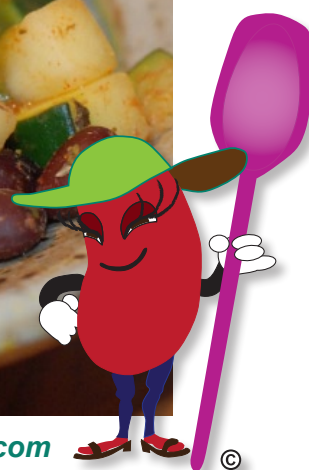


# Beans, Rice And Everything Nice

## Creamy Roasted Poblano Pepper Sauce



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

*makes about 5-6 cups*

4 Poblano peppers

1 shallot

4-8 cloves garlic

1 Tablespoon water

1/2 cup leftover rice  
(brown or white)

1 packed cup  
of spinach leaves  
and tender stems

2 teaspoons  
dried oregano

1       teaspoon  
ground cumin

Juice of 1 lime

2 cups vegetable stock

1. Preheat the oven to 400F. Wash and dry the peppers and place them on a baking sheet. Trim the root end from the shallot and the base end from the garlic cloves.
2. Cut a piece of parchment paper and a piece of foil about 20cm (8 inches) square. Place the parchment on top of the foil. Place the shallot and garlic cloves on the centre of the parchment square. Lift sides up around the shallot and garlic, add 1 Tablespoon water, and squeeze shut. Place the bundle on the baking sheet with the peppers.
3. When the oven is ready, bake the peppers, shallot, and garlic for 30-40 minutes, turning the peppers every 15 minutes. The peppers are ready when they are shriveled, blistered and blackened all over.
4. Transfer the cooked peppers to a pot and let them steam with the lid on until cool enough to handle and their skins are loose enough to pull off, about 20 minutes.
5. The shallot and garlic are ready when they are very soft to the touch. If not soft when the peppers are ready, put the parcel back in the oven and cook for another 10-15 minutes while the peppers steam. Let sit until cool enough to handle. To peel, squeeze them out of their skins directly into the blender.
6. When the peppers are cool enough to handle, peel off the skins and remove the stems and most of the seeds. Add the rice, peeled peppers, squeezed shallot and garlic, dried oregano, ground cumin, lime juice and vegetable stock to a blender jar. Puree on high speed until smooth, about 1-2 minutes.
7. This is so good on everything: rice bowls, loaded baked potatoes, pasta, enchiladas, burritos, tacos, tamales, and as a salad dressing.