

!!Moma's CHILI RELLENO CASSEROLE!!

When I was growing up, I loved chili rellenos ... until I learned they were messy to make & weren't very healthy 😞.

Mother came up with the perfect compromise: no frying! Through the years, I have loved her Chili Relleno Casserole ... much easier to make! (This is virtually identical to Mother's 1960s recipe, only without flour.)

Serves 3; if serving with other items, then recipe will serve 6

INGREDIENTS:

- 1# ground beef
- 2 cans chilies (7 oz cans chopped or whole – WELL DRAINED)
- 8 oz shredded Mexican-style cheese
- 3 eggs
- ¾ cup heavy cream
- Spices (or taco seasoning + salt, if not in taco seasoning)
 - 1¼ tsp. ground cumin
 - 1½ tsp. dried oregano
 - ½ tsp. garlic powder
 - ¼ tsp. salt
 - ¼ tsp. black pepper
- 4 oz shredded cheddar



INSTRUCTIONS:

1. Drain chilies
2. Preheat oven to 350
3. Spray 8X8 pyrex
4. Brown beef
5. Layer:
 - a. Bottom of pan with browned ground beef
 - b. Add layer of chilies
 - c. Cover with layer of cheese
 - d. Add another layer of chilies
6. Whip (with fork): eggs, cream, salt, and spices
 - a. Pour over chilies
 - b. Top with a little more cheese.
7. Bake 350 for 35 minutes uncovered. *Let stand for 10 minutes to set before serving.*

Enjoy!

Les'a

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