

Shrimp in Enchilada Sauce with Poblano Rice

Food Network Magazine

Servings: 4

4 dried ancho chile peppers
1/4 cup vegetable oil
1 cup basmati rice
1 poblano chile pepper, seeded and chopped
3 cloves garlic, one chopped, two smashed
Kosher salt
1 can (8 ounce) tomato sauce
1 teaspoon dried oregano
1/2 teaspoon ground cumin
freshly ground pepper
1 1/4 pounds medium shrimp, peeled and deveined
shredded red cabbage (for topping)
cilantro (for topping)
crumbled Cotija cheese (optional) (for topping)
4 corn tortillas, warmed
lime wedges (for serving)

Preparation Time: 35 minutes

In a bowl, pour boiling water over the ancho chiles. Cover and set aside for 10 minutes.

In a medium saucepan over medium-high heat, heat two tablespoons of vegetable oil. Add the rice and cook, stirring often until golden, about 3 minutes. Stir in the poblano and chopped garlic. Cook until the poblano starts to soften, 3 minutes. Add 1-1/2 cups of water and 1/2 teaspoon of salt. Bring to a boil. Reduce the heat to low. Cover and cook until the rice is tender, 20 minutes.

Drain the anchos and remove the stems and seeds. In a blender, puree the anchos, smashed garlic cloves, 1/2 cup of water, tomato sauce, oregano, cumin, 1/2 teaspoon of salt and a few grinds of pepper.

In a large skillet over high heat, heat the remaining two tablespoons of vegetable oil. Add the ancho puree and cook until the sauce is reduced, about 5 minutes. Stir in one cup of water and the shrimp. Return to a boil. Cook until the shrimp are opaque, about 5 minutes. Season with salt.

Fluff the rice with a fork. Top each serving with the shrimp, sauce and desired toppings. Serve with the tortillas and lime wedges.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 505 Calories; 18g Fat (32.0% calories from fat); 35g Protein; 50g Carbohydrate; 2g Dietary Fiber; 216mg Cholesterol; 652mg Sodium. Exchanges: 3 Grain(Starch); 4 Lean Meat; 1 Vegetable; 3 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	505
% Calories from Fat:	32.0%
% Calories from Carbohydrates:	40.0%
% Calories from Protein:	28.0%
Total Fat (g):	18g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	216mg
Carbohydrate (g):	50g
Dietary Fiber (g):	2g
Protein (g):	35g
Sodium (mg):	652mg
Potassium (mg):	613mg
Calcium (mg):	138mg
Iron (mg):	6mg
Zinc (mg):	2mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	884IU
Vitamin A (r.e.):	139 1/2RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.4mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	40mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	3
Lean Meat:	4
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	505	Calories from Fat: 161
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		% Daily Values*
Total Fat	18g	27%
Saturated Fat	2g	10%
Cholesterol	216mg	72%
Sodium	652mg	27%
Total Carbohydrates	50g	17%
Dietary Fiber	2g	10%
Protein	35g	
Vitamin A		18%
Vitamin C		12%
Calcium		14%
Iron		35%

* Percent Daily Values are based on a 2000 calorie diet.