

# Shrimp in Enchilada Sauce with Poblano Rice

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## 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

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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.

Seafood

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	505	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	32.0%	<b>Vitamin B12 (mcg):</b>	1.4mcg
<b>% Calories from Carbohydrates:</b>	40.0%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	28.0%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	18g	<b>Folacin (mcg):</b>	40mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	6mg
<b>Monounsaturated Fat (g):</b>	9g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	4g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	216mg	<b>% Refuse:</b>	0%
<b>Carbohydrate (g):</b>	50g		
<b>Dietary Fiber (g):</b>	2g		
<b>Protein (g):</b>	35g		
<b>Sodium (mg):</b>	652mg		
<b>Potassium (mg):</b>	613mg		
<b>Calcium (mg):</b>	138mg		
<b>Iron (mg):</b>	6mg		
<b>Zinc (mg):</b>	2mg		
<b>Vitamin C (mg):</b>	7mg		
<b>Vitamin A (i.u.):</b>	884IU		
<b>Vitamin A (r.e.):</b>	139 1/2RE		

**Food Exchanges**

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

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

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

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