

Creamy Poblano Peppers and Sweet Corn

SERVES 6

This is my simple, one-step version of *rajas con ere may elate*. It skips the traditional charring of the poblanos-yet ends up with all the flavor of a traditional preparation. You can leave out the corn to reduce the already low-carb content even further. I included just a little bit of it for its flavor and texture.

1 tablespoon vegetable oil

1 to 2 teaspoons salt

PREP TIME

10 minutes

2 poblano peppers (or one long pepper), sliced lengthwise into 1/2-inch-thick strips

1 teaspoon ground cumin, plus additional for garnish

SAUTE

8 minutes

3/4 red onion, thinly sliced

1/2 cup heavy (whipping) cream

PRESSURE COOK / MANUAL

1 minute low pressure

1/2 cup frozen corn

Juice of 1/2 lemon

RELEASE

Quick

1/4 cup water

2 tablespoons sour cream

1. Preheat the Instant Pot® by selecting Sauté and adjusting to high heat. When the inner cooking pot is hot, add the oil and heat until it is shimmering. Add the poblanos, skin-side down, in a single layer and let them char a bit without disturbing them, 5 to 8 minutes.
2. Add the onion, corn, water, salt, and cumin to the pot.
3. Lock the lid into place. Select Manual or Pressure Cook and adjust the pressure to Low. Cook for 1 minute. When the cooking is complete, quick-release the pressure. Unlock the lid.
4. While the vegetables cook, in a small bowl mix together the heavy cream, lemon juice, and sour cream to make the crema. Once the vegetables are done cooking, gently stir the crema into the pot.
5. Sprinkle the finished vegetables with a little additional cumin for fragrance if desired.

TOTAL TIME

30 minutes

MACROS

80% Fat

16% Carbs

4% Protein

SOY-FREE

VEGETARIAN

UNDER 5 MINUTES

Per Serving

Calories: 123; Total Fat: 119; Total carbs: 49; Net Carbs: 39; Fiber: 19; Sugar: 1g; Protein: 29