

Chipotles In Adobo Sauce

Chipotles in adobo are chipotles (smoked jalapeno peppers) that have been stewed in a lightly seasoned liquid. They have become very popular in Southwestern cooking because they provide a distinctive warm heat and delicious smoky flavor. If these fiery chilies are new to you, start easy—a little goes a long way. They can be added to barbecue recipes, breads, sauces, salad dressings, braised and stewed meats including chili, and pastas. Add minced chipotle to turkey burgers or stir into yogurt for a spicy dip. They are a nice addition to bean dips, soups, salsas, and even scrambled eggs. You can buy them canned. This recipe can also be made with other smoked, dried chilies such as pasillas de Oaxaca, mora grandes, or moritas. This homemade recipe is very easy. No recipe requires an entire recipe or can of chipotles. The canned leftover chipotles in adobo sauce can be refrigerated in a clean, tightly covered container for several months. Or, place one chile and some sauce in each compartment of a plastic ice-cube tray, and freeze. (Or puree the peppers in their sauce, and freeze the leftovers in ice-cube trays.) Store the cubes in the freezer in a zip-top plastic bag, and use as needed.

7 to 10 medium-sized dried chipotle chilies, stemmed and slit lengthwise
1/3 cup onion, cut into 1/2-inch slices
5 tablespoons cider vinegar
2 cloves garlic
4 tablespoons ketchup
1/4 teaspoon salt
3 cups water

Combine all ingredients in a pan, cover, and cook over Very Low heat for 1 to 1 1/2 hours, until the chilies are very soft and the liquid has reduced down to 1 cup. This recipe will keep for several weeks in the refrigerator in an airtight container. For chipotle puree, place cooked chipotles and sauce in a blender, and puree. Put through a fine sieve to remove seeds.

Servings: 6

Yield: 1 cup

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

water

Amount Per Serving	
Calories	17.81
Calories From Fat (4%)	0.73
% Daily Value	
Total Fat 0.09g	0%
Saturated Fat 0.01g	0%
Cholesterol 0.00mg	0%
Sodium 208.91mg	9%
Potassium 74.33mg	2%
Carbohydrates 4.70g	2%
Dietary Fiber 0.37g	1%
Sugar 2.74g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.33g	
Protein 0.36g	1%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
7 to 10 medium-sized dried chipotle chilies, stemmed and slit lengthwise	7 x 1 pepper of Peppers, hot chile, sun-dried
1/3 cup onion, cut into 1/2-inch slices	0.33 x 1 cup, sliced of Onions, raw
5 tablespoons cider vinegar	5 x 1 tablespoon of Vinegar, cider
2 cloves garlic	2 x 1 clove of Garlic, raw
4 tablespoons ketchup	4 x 1 tablespoon of Catsup
1/4 teaspoon salt	0.25 x 1 teaspoon of Salt, table
3 cups water	Not linked

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