

Roasted Tomatillo Sauce

A deliciously fresh and flavorful traditional Mexican green sauce



Low point chicken tamales with roasted tomatillo sauce

Ever been to a Mexican restaurant or taco shop and put that delicious green sauce on your food instead of the red stuff, or had enchiladas with green sauce? Maybe pork chili verde? Then you've had tomatillo sauce.

Traditionally, it's just a bunch of tomatillos, a type of fruit that resembles a firm green tomato with a papery husk. They are typically boiled, then thrown in a blender with some peppers and other stuff. What WE'RE going to do is add a lot more savory depth to it by roasting all of the vegetables until the skins start to blister, then processing it. Would you rather eat boiled or roasted vegetables?

Serving Info.:

Yield: 5 cups


Servings: 10 servings

Serving Size: 1/2 cup



- points last checked 11/10/21 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

- 2-1/2 lbs. Tomatillos, husks and stems removed
- 1 medium onion, rough chopped
- 2 medium green bell peppers, rough chopped, seeds removed
- 3 medium cloves garlic
- 4 good sized Poblano peppers, chopped, seeds removed (they aren't spicy)
- 1/2 bunch fresh cilantro, around 1 handful
- 1/2 tsp salt
- 1 whole Jalapeno pepper **(OPTIONAL!)** 

Directions:

1. Preheat your oven to 375 degrees.
2. Line a large sheet pan with foil and spray with olive oil cooking spray.
3. Place all of the vegetables on the tray and spray them liberally with the cooking spray, then sprinkle lightly with salt and pepper.
4. Cook the vegetables at 375 degrees for 45 minutes, or until the tops of the vegetables are starting to blacken.
5. Turn the broiler to high in your oven and place the tray on the top rack under the broiler. Watch so that the vegetables don't burn to a crisp. You want to develop some black char across the tops of some of them.
6. Remove the tray from the oven and spoon all of the roasted veggies into a food processor or large blender. Make sure to also pour all of the juices in as well, along with the fresh cilantro and 1/4 tsp salt.
7. Process the vegetables on high for up to 1 minute. It should give you a thick green salsa.

Notes:

- Tomatillos are very easy to clean for this sauce, just pull the husks back like the husks on an ear of corn, twist the stem and pull. Remove any dirt or debris and you're good to go.
- Tomatillos have a sticky feel to them, that's fine.
- Add the Jalapeno to the roasting pan, if you want a spicy sauce. This base recipe is for a completely mild and non spicy sauce.
- If you plan to use this sauce for enchiladas, add some water or chicken broth to thin it out a bit.
- This sauce is delicious served with tacos, tamales, over chicken, pork, on nachos, enchiladas, eggs, pretty much anything.

