



Chicken Mole in Tacos

Recipe Source: www.eatingwell.com

Ingredients:

1 (15 oz) can no-salt-added diced tomatoes
1 cup low-sodium chicken or vegetable broth
½ cup almonds, toasted
¼ cup sesame seeds, toasted
2 oz ancho chiles (dried poblanos), stemmed and seeded
4 cloves garlic, crushed
1 Tbsp dried oregano
1 ¼ tsp salt
½ tsp ground cinnamon
¼ tsp ground allspice
¼ tsp ground cloves
8 boneless skinless chicken thighs, trimmed (about 3 ½ lbs)
1 oz Mexican or bittersweet chocolate, grated (about 2 Tbsp)
16 corn tortillas, warmed
Radish slices, chopped cilantro, avocado slices, and lime wedges for serving

Steps:

- Combine tomatoes and their juice, broth, almonds, sesame seeds, chiles, garlic, oregano, salt, cinnamon, allspice, and cloves in a blender. Puree for 1 minute, or until smooth, scraping down the sides once or twice.
- Pour the sauce into a 5-6 quart slow cooker. Nestle the chicken thighs into it, making sure all are covered with sauce. Cover and cook on high 3-5 hours, or on low 6-8 hours.
- Remove the chicken from the sauce into a large bowl. Using 2 forks, shred the chicken into bite-size pieces. Stir the chocolate into the sauce then add the chicken back in.
- Serve the chicken mole in warmed corn tortillas topped with radish slices, cilantro, and avocado slices with lime wedges on the side, if desired.

Tips from the Test Kitchen: Ancho chiles are dried poblanos and can often be found in the produce section with other spices, or in a specialty or ethnic grocery store.

Nutritional Facts: per serving Calories: 234, Carbohydrates: 18 grams, Protein: 19 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 70 mg, Sodium: 276 mg, Fiber: 5 grams, Total Sugars: 2 grams.

