

# Recipe Card

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## 30 Minute Mole (Peanut Free)

Recipe adapted by Kelsey Perusse. MS, CN from Marcela Valladolid

### Ingredients:

5 pasilla chiles, stemmed and seeded  
2 tablespoons avocado or coconut oil  
1 medium onion  
2 cloves garlic, minced  
5 1/2 ounces Mexican chocolate  
1 3/4 cups chicken broth  
3 tablespoons smooth hazelnut butter  
1-2 tablespoon honey  
1 teaspoon crumbled dried oregano  
2 corn tostadas, torn into pieces  
Salt and freshly ground black pepper  
1 rotisserie chicken, cut into 6 pieces

### Directions:

1. For mole sauce, soak the chiles in 1 1/4 cups water for 15 minutes. Drain well and discard the soaking liquid.
2. Heat the oil in a large heavy saucepan over medium heat. Add the onions and garlic and sauté until translucent, about 5 minutes. Transfer to a blender and add the chiles, chocolate, chicken broth, hazelnut butter, honey, oregano and tostadas and blend until very smooth. Transfer the sauce to a saucepan and bring to a simmer and allow mole to cook for 20 minutes.
3. Add the rotisserie chicken pieces and stir to combine.

*Serves: 6*

*Nutrition information: Calories: 303 Fat: 7.8 g Sat Fat: 2.4 g Trans: 0 g Fiber: .5 g Sugar: 2.5 g*