



Mexican Quick Mole

A simplified Quick Mole' sauce that can be thrown together in a pinch

Get ready to dodge angry mobs wielding torches and pitchforks because we're about to tackle the most holy of Mexican sauces, Mole' Poblano. Traditionally, Mole' is a very labor intensive sauce that takes an extremely long time to make and includes ingredients like bread, toasted nuts, seeds, peppers, oil, plantains and much more. It usually cooks for hours or even days. This one is ultra fast, flavorful and only 1 points for a 1/2 cup serving.

Ingredients:

- 3-4 medium cloves garlic, chopped
- 29 oz canned tomato sauce
- 1/4 cup 0 point sweetener of choice (monkfruit, stevia, swerve, etc.)
- 3 Tbsp PLUS 2 tsp unsweetened cocoa powder
- 1/4 tsp black pepper
- 1 to 2 tsp chili powder, OR chipotle chili powder. Season to spice preference.
- 1-1/2 tsp ground cumin
- 1 tsp ground cinnamon
- 2 cups fat free chicken broth
- 2 Tbsp PB2 or other brand powdered peanut butter
- 2 Tbsp masa harina (instant masa mix, or any brand corn flour... not cornmeal!)
- 1 tsp onion powder
- 2 Tbsp Lily's 'stevia sweetened' mini dark chocolate, or semi sweet chocolate chips
- 1/4 tsp sesame oil (optional, though recommended for a subtle, nutty flavor)
- 3 tsp sesame seeds, for toasting

Directions:

1. Spray a medium sized pot with cooking spray and cook the garlic till just fragrant.
2. Add the tomato sauce, sweetener, cocoa powder, black pepper, chili powder, cumin, cinnamon, broth, powdered peanut butter, masa harina, onion powder, chocolate chips and sesame oil to the pot. Bring to a boil, then lower the heat, cover and simmer for 15-20 mins.
3. Turn off heat and let cool for 30 minutes.
4. Toast the sesame seeds in a small pan over medium heat for 3-4 minutes, till starting to brown, set aside to use as a garnish on your plated meal.

Note:

- *Toasting the sesame seeds adds an extra step, but it really gives them a much more pronounced flavor.*
- *'Instant Masa Mix' can be found in the Mexican food aisle, at your grocery store. It is usually sold under the brand name 'Ma Se Ca' or 'Maseca' instant tamale mix.*

Serving Size:

Yields: 6 cups

Servings: 12

Serving Size: 1/2 cup servings



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

