

Chicken Mole



PREPARATION TIME
20 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
Spanish rice



Don't discard leftover chicken broth. Freeze it in ice cube trays, transfer the cubes to a plastic bag and store in your freezer. Each cube will yield about 2 tablespoons of broth.

SHOPPING LIST

- chicken • chicken broth
- tomato sauce • red wine
- cocoa powder • cumin • salsa

ON HAND

- Worcestershire sauce • garlic
- paprika • allspice

INGREDIENTS

- 6 skinless, boneless chicken breasts (4 ounces each)
- 4 tablespoons chicken broth or water
- 1 (8-ounce) can tomato sauce
- 1/2 cup salsa
- 1/4 cup red wine or unsweetened grape juice
- 1 1/2 teaspoons Worcestershire sauce
- 2 cloves garlic, minced
- 5 teaspoons unsweetened cocoa powder
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/8 teaspoon allspice

SERVES 6

COOKIN' *Express*

• To pound the chicken to an even thickness, remove the piece of meat attached at the tail-end of the inside of the breast meat and reserve for another recipe. Place the remaining breast between 2 sheets of plastic wrap; gently pound with the bottom of a small cast-iron skillet.

Make Ahead

The mole sauce in step 3 can be prepared up to 24 hours in advance. Just add to step 4 when ready.

♦ VARIATION

For a spicier flavor, add 1 teaspoon chili powder to the mole sauce.

1 Pound chicken to 1/2-inch thickness. Spray large skillet with nonstick cooking spray. Preheat over medium-high heat.



2 Add chicken to skillet. Brown lightly on both sides. Add a small amount of broth if necessary to prevent overbrowning.

3 Combine tomato sauce, salsa, red wine, Worcestershire sauce, garlic, cocoa powder, cumin, paprika and allspice in bowl; mix well.



4 Pour mole sauce over chicken. Bring mixture to a boil and reduce heat. Simmer, covered, for 10 minutes or until chicken is cooked through.