

This paleo and keto Mexican mole sauce is a truly wonderful (and abbreviated!) version of a traditional family recipe. Expect to be blown away!

INGREDIENTS:

For the keto mole sauce

- 2 ounces dried ancho chilis about 3 medium
- 1 large red pepper
- 2 medium plum tomatoes
- 2 tablespoons sesame seeds
- 1 1/2 teaspoons dried oregano
- 1 teaspoon cinnamon
- 1/2 teaspoon cumin seeds
- 1 star anise *
- 2 whole cloves *
- 4 black peppercorns
- 1/4 cup almonds
- 1/4 cup raw unsalted peanuts
- 1-2 tablespoons chipotle powder to taste depending on spiciness desired
- 3 tablespoons extra virgin olive oil for cooking
- 4 cloves garlic finely minced
- 1 medium onion finely chopped
- 2-3 cups chicken broth as needed
- 5 ounces dark chocolate
- 4-5 tablespoons xylitol or Swerve, to taste
- 1 bay leave
- kosher salt to taste
- 8 skinless bone-in chicken thighs **



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Recipe Source www.gnom-gnom.com/easy-paleo-keto-mexican-mole-sauce/

INSTRUCTIONS:

1. Toast ancho chilis in a skillet or pan over medium heat until softened, 2-3 minutes. Be careful not to overcook them as they'll turn bitter. Remove stems, slice them open and discard seeds. Transfer to a bowl, cover with boiling water and soak for 30 minutes.
2. If you're doing the roasting under broiler, place an oven rack to the highest position and turn on your broiler to the highest setting. Leave the red pepper whole (you'll have to turn it around a couple times) and slice tomatoes in half. Place in a baking tray and broil until charred and blistered, 5-10 minutes.
3. Alternatively, you can go old-school and skewer the tomatoes and red pepper. Charring them in an open flame on your stovetop (think bonfire marshmallows!).
4. Transfer the charred tomatoes to blender (skins on) and the red pepper to a sealed plastic bag and set aside to 'sweat'.
5. While you're roasting the tomatoes and pepper you can go ahead and start toasting the seeds. Heat up a Dutch oven or heavy pot over medium heat, add sesame seeds, oregano, cinnamon, cumin seeds, star anise, cloves and peppercorns. Toast, stirring often, until fragrant and lightly golden. Remove from pot and transfer to blender.
6. Add almonds and peanuts to Dutch oven and toast until fragrant and deep golden (the skin on the almonds should be lightly blackened). Remove from pot and transfer to blender.
7. Heat up 3 tablespoons olive oil in Dutch oven and add in minced garlic and onion. Cook, stirring often, until browned (10-14 minutes). Remove from pot and transfer to blender.
8. Drain soaked ancho chilis and transfer to blender. Add chipotle powder and blend until smooth, adding chicken broth as needed to thin out the mix. Taste and season with a touch of

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salt, being mindful that a few ingredients are still missing and the sauce will reduce substantially. The sesame taste will also be prevalent but worry not.

9. Remove pepper from plastic bag and peel the skin off, discarding it. Remove stem, slice open and remove seeds and veins. Transfer to blender.
10. Heat up remaining 2 tablespoons olive oil in Dutch oven and add in chicken pieces, seasoning with salt and freshly ground black pepper to taste. Cook until meat is fully seared from all sides.
11. Sieve the mole sauce into the Dutch oven and, once hot, stir in the chocolate, 4 tablespoons of sweetener and a bay leave. Turn heat down to low and simmer for 20 minutes. Taste for sweetness and salt and cook for 20 minutes more. Keep in mind that mole tends to splatter quite a bit while it cooks.
12. Serve right away, garnished with toasted sesame seeds. We also love a side of cauliflower rice and a batch of our grain-free keto tortillas is an absolute must!

NUTRITION

Calories: 133kcal | Carbohydrates: 4g |
Protein: 2g | Fat: 9g | Saturated
Fat: 1g | Sodium: 173mg | Potassium: 147g
| Fiber: 1g | Sugar: 1g | Vitamin
A: 520IU | Vitamin
C: 25.1mg | Calcium: 40mg | Iron: 0.8mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.