

# Chicken Mole

**Makes:** 6 servings

Chili powder, cocoa, garlic powder, and peanut butter make a traditional Mexican chicken dish. Serve it with brown rice for a mid-week dinner.

## Ingredients

- 1 chicken (fryer, cut into pieces, skin and fat removed)
- 1/4 cup water
- 4 tablespoons chili powder
- 1 teaspoon oregano
- 1 teaspoon cocoa
- 10 tablespoons flour
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 cup water
- 1 tablespoon peanut butter (creamy)
- 5 cups water

## Directions

1. Place chicken in a large pot with the 1/4 cup of water. Cover and simmer until tender, about 45 minutes.
2. In a medium bowl, mix chili powder, oregano, cocoa, flour (1/2 cup plus 2 Tablespoons), pepper, and garlic powder along with 1 cup of water.
3. Add mixture from step 2 to chicken in pot, mix well.
4. Add peanut butter and 5 cups of water to chicken in pot; mix well.
5. Bring to a boil.
6. Reduce heat to medium. Cook for 10-15 minutes.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>238</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	95 mg
<b>Sodium</b>	<b>314 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>29 g</b>
Vitamin D	N/A

7. Stir and serve immediately.

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