



Simple Chicken Mole

Ingredients

- 1 lb chicken breasts
- 1, 8 oz can tomato sauce
- 2 TBSP olive oil
- 3 cloves garlic
- 1 TBSP chili powder
- ½ tsp ground cumin
- ½ tsp cinnamon
- ¼ cup chicken broth (low sodium)
- ¼ cup dark chocolate chips
- salt and pepper

Directions:

1. Heat a skillet with 1 TBSP olive oil; Add chicken and cook until brown on both sides, about 2 minutes on each side; Transfer to a plate
2. Reduce heat to medium; Add remaining oil, garlic, and spices; Cook and stir until fragrant, about 1 minute
3. Add tomato sauce, broth, and chocolate; Stir to combine; Bring to a simmer
4. Reduce heat to medium low and add chicken back into skillet; Coat with sauce; Simmer until chicken is fully cooked, about 5 minutes; Enjoy!

Equipment
Large skillet

Cost: \$ \$

Ease: 

Health Benefit: Chicken breast is a lean source of protein that supports weight management. Dark chocolate contains antioxidants that benefit heart health.

Fare Meals
by Arielle