

Chicken Mole Soft Tacos

Michael Tyrrell

Family Circle Magazine - October 1, 2011

Servings: 6

Preparation Time: 15 minutes

Cook time: 8 hours

2 pounds skinless chicken thighs
2 tablespoons unsweetened cocoa powder
3/4 teaspoon garlic salt
1 teaspoon chipotle chile powder
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cumin
1 large onion, thinly sliced
1 can (14 1/2 oz) diced tomatoes
1 cup reduced-sodium chicken broth
2 tablespoons quick-cooking tapioca
1 can (15 oz) pinto beans, drained and rinsed
6 flour tortillas
Spanish rice (if desired)

Coat the slow cooker with nonstick cooking spray.

Place the chicken thighs in the slow cooker and season with the cocoa powder, garlic salt, chipotle chile powder, cinnamon and cumin.

Scatter the onion over the chicken.

Stir together the tomatoes, broth and tapioca. Pour over the onions.

Cover and cook on HIGH for 5 and 1/2 hours or LOW for 7 1/2 hours.

Stir in the beans. Cook an additional 30 minutes. Remove the bones.

Serve with the tortillas and Spanish rice, if desired.

Per Serving (excluding unknown items): 465 Calories; 9g Fat (17.9% calories from fat); 31g Protein; 65g Carbohydrate; 12g Dietary Fiber; 72mg Cholesterol; 682mg Sodium. Exchanges: 4 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.