

## Slow Cooker Chicken Mole Tacos

HANDS-ON TIME: 40 min

TOTAL TIME: 3-6 hrs; SERVES 8:

3 oz chicken, 1/2 cup sauce & 2 tortillas each

### Ingredients:

- 1 15-oz can no-salt-added diced tomatoes
- 1 cup stout or low-sodium chicken broth
- 1/2 cup almonds, toasted
- 1/4 cup sesame seeds, toasted, plus more for garnish
- 2 ounces ancho chiles, stemmed and seeded
- 4 cloves garlic, crushed
- 1 Tbsp dried oregano
- 1 1/4 tsp salt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1/8 tsp ground cloves
- 8 bone-in, skinless chicken thighs, trimmed (about 3 1/2 lbs)
- 1 ounce Mexican chocolate, grated, or 2 Tbsp bittersweet chocolate chips
- 16 corn tortillas, warmed
- Rash slices for serving
- Lime wedges for serving



### Instructions:

1. Combine tomatoes and their juice, beer (or broth), almonds, sesame seeds, chiles, garlic, oregano, salt, cinnamon, allspice and cloves in a blender. Puree for 1 minute, scraping down the sides once or twice.
2. Coat a 5 to 6 quart slow cooker with cooking spray. Pour in the sauce, then nestle chicken into it. Cover and cook on High for 3 hours or Low for 6 hours.
3. Remove the chicken from the sauce. Using 2 forks, shred the meat into bite-size pieces. Stir chocolate into the sauce, then stir the chicken back in.
4. Serve the chicken, mole in corn tortillas, topped with sesame seeds and radish slices, with lime wedges on the side, if desired.

CAL 460 | FAT 20G (SAT, 4G) | CHOLESTEROL 100MG | CARBS 35G | SUGARS 6G |  
PROTEIN 35G | FIBER 7G | SODIUM 496MG | POTASSIUM 714MG

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