# Chicken Mole And Mexican Rice



Chicken Mole

**Your Key Ingredients:**

NESCO Pressure Cooker
NESCO 8 Inch Electric Skillet

**Grocery Ingredients:**

*Chicken*

6-8 boneless chicken breasts, defrosted
1 teaspoon garlic powder
1 teaspoon poultry seasoning
2 cups water

*Mole Sauce*

2 Tablespoons vegetable oil
2 cups finely chopped onions
¼ cup chili powder
3 Tablespoons light brown sugar
1 teaspoon salt
1 teaspoon pepper
Pinch of ground cloves
1, 16 oz can diced tomatoes
3 Tablespoons cocoa powder
3 Tablespoons peanut butter
2 cups water

*Mexican Rice*

2 cups white rice
1 Tablespoon oil
1 teaspoon garlic
1 teaspoon cumin
1 ½ teaspoon salt
16 oz tomato paste
4 cups water
2 cups frozen peas and carrots

**Instructions:**

*Chicken*

1. Add water to **NESCO® Pressure Cooker**. Place chicken breasts on wire rack in cooker and set regulator knob to PRESSURE. Set Cooker to HIGH temp for 5 minutes and press START. Timer will not begin counting down until ideal pressure is reached.
2. Ensure that internal temperature of chicken reaches 180°F for doneness. When finished, release the pressure but

leave chicken in cooker to keep warm.

*Mole Sauce*

1. In **NESCO® 8 Inch Electric Skillet**, heat oil over medium-high heat. Add onion and cook until onions slightly are browned about 10 to 12 minutes.
2. Stir in chili powder, brown sugar, cloves and cook for 2 minutes, continuing to stir.
3. Mix in tomatoes, cocoa powder, peanut butter, and water. Let simmer over medium-low heat for 15 minutes, or until desired thickness is achieved.

*Mexican Rice*

1. Preheat skillet to medium-high and add oil. Reduce heat to medium, add rice, stirring constantly until lightly brown, about 3 minutes.
2. Stir in garlic, cumin, salt, tomato paste, and water. Raise heat to medium-high and bring to a boil. Cover and cook until rice is tender.
3. Add peas and carrots, and cook for another 5 minutes. Fluff with a fork and serve.

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# Chicken Roasting Tips




Here are some great tips for roasting chicken in your NESCO 18 Qt. Roaster Oven:

1. Cook more than one chicken at a time. Eat one for dinner tonight and then save the others for various recipes later in the week, like chicken tacos or chicken salad.
2. Tie the chicken wings and legs down, and then cook the whole chicken breast side down for about twenty minutes. Next, turn the breast side up and finish cooking until done. This method helps make for juicier white meat.
3. Try rubbing dried herbs under the breast and leg skin.

Take your fingers and very carefully separate the skin from the meat, leaving the skin attached in the back. Then, sprinkle in and lightly spread your favorite dried herb over the meat, such as dried tarragon. Press skin back over the meat. Tie legs together, roast, and enjoy.

Let us know what you think of these tips or let us know your favorite way to cook chicken in your NESCO!