

# 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  
 $\frac{1}{4}$  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  $\frac{1}{2}$  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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