

Low FODMAP Silky Red Mole Sauce with Red Chile Powder, Chocolate and Peanut Butter

Serves: 6

Prep: 10 minutes

Cook: 20 minutes

Stack Cup  Stack Cup

Ingredients	Metric	Imperial
2 tblsps low FODMAP garlic-infused canola or vegetable oil	30 g	1.06 oz
1 tblsp pure mild red chile powder*	6 g	0.21 oz
1 tsp smoked paprika	2 g	0.07 oz
¾ tsp ground cinnamon	1.75 g	0.06 oz
½ tsp ground cumin	1 g	0.04 oz
¼ tsp fine ground black pepper	0.5 g	0.02 oz
2 cups low FODMAP chicken broth (without onion or garlic)	473 g	15.99 oz
1 cup canned, drained, roughly chopped whole plum tomatoes	200 g	7.05 oz
⅓ cup thinly sliced scallions, green parts only	17 g	0.60 oz
¼ cup smooth peanut butter	56 g	1.98 oz
1 tblsp plus 1tsp Dutch-processed cocoa powder	10 g	0.35 oz
dark baking chocolate (70% cocoa minimum), broken into pieces^	30 g	1.06 oz
½ tsp light brown sugar	1 g	0.04 oz
¼ tsp salt	0.5 g	0.02 oz

Method

1. Pour the garlic oil into a large nonstick skillet over medium high heat. When it shimmers, add the red chile powder, paprika, cinnamon, cumin, and black pepper. Stir for 1 minute using a wooden or heatproof silicone spatula.
2. Add the broth and stir to combine for 30 seconds. Reduce heat to medium and add the remaining ingredients. Stir until the chocolate is melted and all ingredients are fully incorporated, scraping the bottom of the skillet where the chocolate may settle until the mole comes to a low boil. Remove from heat.

3. Carefully spoon or ladle into a blender. Place a heavy, clean kitchen towel over the lid to avoid hot splatters. Blitz on high until smooth, about 2 minutes.
4. Pour the mole back into the pan over medium heat. Continuously stir to reduce for about 3 minutes or until it has the consistency of a silky turkey or brown gravy. If it is too thick, add 1 tablespoon of hot water or broth at a time until you have desired thickness. Check for salt (you may want to add ¼ tsp more, to your taste).

Hints

Ingredients:

* Such as New Mexican chile powder containing no onion, garlic or other high FODMAP ingredients – the label ingredients should read: red chile

^ Preferably containing 70% cocoa minimum

Serve Suggestions:

Mole Sauce may be served over roasted or poached skinless chicken breasts and garnished with ½ scant tsp sesame seeds per serving (optional). Fluffy white rice spritzed with lime juice and minced fresh cilantro is a tasty side dish.

Refrigeration / Freezing:

When stored in an airtight container, mole sauce will keep in the refrigerator for up to 3 days. When stored in an airtight freezer safe container, it will keep in the freezer for up to 3 months.

Other uses for Mole Sauce:

An enchilada sauce, served over slow roasted beef or pot roast, poured over sliced roasted turkey, sliced grilled pork chops, rolled into burritos, stuffed into tacos, or as a snack for dipping with a single serving of 10 to 12 (30 g) store-bought corn tortilla chips.

Note:

Chiles contain capsaicin that may trigger heartburn and abdominal pain in some people with IBS. Limit intake if IBS symptoms occur after ingestion of spicy foods.

Nutrition Information (per serve)	
Energy	613 Kj / 147 cal
Protein	3.51g
Carbohydrates	6.90g
Sugar	5.01g
Total Fat	11.57g
Saturated Fat	2.46g
Fibre	1.82g