

Tacos with Mole Poblano Sauce

Serves 6

- 2 ounces olive or vegetable oil
 - 1 medium onion, chopped
 - 2 tablespoons cocoa powder
 - 1 tablespoon + 1 teaspoons chili powder
 - ½ teaspoon cinnamon
 - ¼ teaspoon ground allspice or ground cloves
 - 4 cloves garlic, smashed
 - 2/3 cup chopped fresh or canned tomatoes, drained
 - 8 prunes or 4 tablespoons raisins
 - 1 cup water
 - 4 tablespoons dry roasted peanuts
 - 3 ounces reduced-sodium soy sauce
 - 4 cups shredded cooked protein (may use chicken, turkey, pork, beef, or shrimp)
 - 12 taco shells, or soft corn or flour tortillas
1. Heat the oil in a large skillet over medium heat. Sauté the onion, stirring often, until it starts to brown.
 2. Stir in the cocoa, spices, and garlic. Stir constantly until fragrant, about 30 seconds.
 3. Stir in the tomatoes, prunes, water, peanut butter, and soy sauce. Bring to a simmer and then cook until the vegetables are very soft, around 15 minutes, stirring occasionally.
 4. Let cool slightly, carefully transfer to a blender, and blend until smooth.
 5. Stir the protein into the sauce and heat through, 1–2 minutes.

Permission to reprint from the Healthy Cook Chef Kate Sherwood at NutritionAction.com

Stuff into taco shells, soft corn or flour tortillas, or serve over corn chips or rice. Top with cheese and other toppings as desired, such as this seasonal apple Pico De Gallo.