

Slow Cooker Chicken Mole (Whole30, Paleo)

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Happy National Chocolate Day! My boyfriend Jimmy and I are currently on our way to Hershey, PA and we're staying in a 100 Square Ft. Tiny House for the night! Since we're headed to the Chocolate Capital of the world, I decided to whip up this Chicken Mole to bring with us and really set the mood! Classic Mexican spices like Cumin & Chili Powder are paired with Cacao & Cinnamon to literally create a flavor fiesta in your mouth!

I've used Coconut Sugar when making this dish in the past, but have since removed it and subbed Dates in its place! I found that the Mole Sauce actually tasted better using Dates and kept it 100% Whole30 Compliant as well! Cashew Butter is always my go-to, but feel free to try Almond Butter or even Sunflower Butter if you're looking to keep this dish Nut Free as well. This meal is Gluten/Dairy/Soy/Refined Sugar Free and will be simmering in your slow cooker all day long so you won't have to be tied to the kitchen!

INGREDIENTS:

- 3 Lbs Chicken Thighs, boneless & skinless
- 28 Oz Can Diced Tomatoes, drained
- 1 Large Onion, chopped
- 1 Large Bell Pepper, seeds removed
- 4 Cloves Garlic
- 1/4 Cup Raisins
- 1/2 Cup Nut Butter of choice
- 3 to 4 Dates, pit removed
- 3 Tbsp 100% Cacao Powder
- 1 to 2 Tbsp Coconut or Avocado Oil
- 1 Tsp Chili Powder
- 1 Tsp Cumin
- 1/2 Tsp Cinnamon
- Salt & Pepper to taste

INSTRUCTIONS:

1. In a food processor, combine all Ingredients except Chicken Thighs and blend for 2-3 minutes until smooth.
2. Place Chicken Thighs along the bottom of Slow Cooker and sprinkle with Salt & Pepper. Cover Chicken with your Mole Sauce and cook on low for 6-8 hours(or high 3-4 hours if you're in a rush).
3. Using 2 forks, shred Chicken Thighs in the slow cooker and mix well with Mole Sauce. Serve with a side of Sautéed Plantains or Cauliflower Rice and Enjoy!

MAKES 6-8 SERVINGS !

