

Seared Pork Chop with Mole Sauce

Serving Size: 1 pork chop & sauce

Serves: 8

Ingredients

2 teaspoons extra virgin olive oil
1 large onion, chopped
4 cloves garlic, minced
4 dried mulato chilies, stemmed, veined, seeded and chopped
4 dried ancho chilies, stemmed, veined, seeded and chopped
4 dried guajillo chilies, stemmed, veined, seeded and chopped
4 dried pasilla chilies, stemmed, veined, seeded and chopped
1/8 cup sesame seeds
1/2 cup almonds, finely chopped
1 (14oz can) diced tomatoes, no added salt
2 tablespoons old fashioned smooth peanut butter
2 tabs Mexican chocolate such as Abuelita or 3 1/2 ounces dark chocolate 70% cacao
Low sodium vegetable broth as needed
8 (5 oz) center cut pork chops

Heat the oil in a large skillet or Dutch oven over medium heat. Sauté the onion and garlic until fragrant, about 3 minutes. Add the chilies stirring for about one minute. Be careful not to burn them.

Sprinkle in the sesame seeds and the almonds and sauté stirring about 1 minute.

Add the tomatoes and peanut butter to the skillet and heat until warmed through, about 5 minutes. Remove from heat and stir in the dark chocolate until melted. Break the chocolate into pieces to facilitate melting.

Transfer the sauté mixture to a food processor and blend until smooth adding small amounts of vegetable broth to thin to the consistency of applesauce.

Drizzle a little oil in the pan. Then sear the pork chops on each side to lock in moisture. Ladle the mole over the chops and simmer covered over low heat until done, about 15 – 20 minutes.

Exchanges per serving:

3 Lean Meats, 3 Vegetables, 2 Fats

Nutrients per serving:

Calories: 330

Calories from fat: 149

Total Fat: 16.6g

Cholesterol: 62mg

Sodium: 70mg

Total Carbohydrate: 18g

Dietary Fiber: 6g

Protein: 27g