



## Rápido Mexican Black Bean Mole

By Erin Fletter

**Prep Time** 20 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**simmer:** to cook a food gently, usually in a liquid, until softened.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

### Equipment

- Medium skillet
- Cutting board + kid-safe knife
- Measuring spoons
- Can opener
- Dry measuring cups
- Liquid measuring cup
- Blender, food processor, or immersion blender + medium mixing bowl

### Ingredients

#### Rápido Mexican Black Bean Mole

- corn or flour tortillas or corn tortilla chips—SFC Chefs choose enough for the class **\*\***(for GLUTEN ALLERGY use corn tortillas or tortilla chips)\*\*

- Mole:
- 1 bell pepper (you choose the color)
- 1 garlic clove
- 2 T vegetable oil, divided
- 1 C canned black beans **\*\* (for LEGUME ALLERGY sub diced canned or frozen sweet potato)\*\***
- 1 C vegetable stock
- 1 to 2 oz semisweet chocolate bar or chips **\*\* (for CHOCOLATE ALLERGY sub carob bar or chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand semisweet chocolate bar or chips)\*\***
- 1/4 C unsalted shelled sunflower seeds or pepitas (Mexican pumpkin seeds)
- 1/2 tsp cumin
- 1/2 tsp mild chili powder
- 1/2 tsp cinnamon
- 1/2 to 1 tsp salt
- 2 pinches granulated sugar
- Toppings (choose 1 or more):
- cheese (grated or crumbled): Jack, cheddar, mozzarella, cotija, or Parmesan work well **\*\* (Omit for DAIRY ALLERGY or sub dairy-free/nut-free cheese shreds)\*\***
- fresh cilantro
- fresh tomatoes **\*\* (Omit for NIGHTSHADE/TOMATO ALLERGY)\*\***
- fresh limes
- fresh avocado
- canned corn
- black olives
- sour cream **\*\* (Omit for DAIRY ALLERGY or sub dairy-free/nut-free sour cream)\*\***
- For morning meals:
- 3 to 5 eggs **\*\* (for EGG ALLERGY sub 4 to 8 oz extra firm tofu, drained and pressed in a clean towel, or frozen and thawed)\*\***

## **Food Allergen Substitutions**

## Rápido Mexican Black Bean Mole

**Gluten/Wheat:** Use gluten-free corn tortillas or corn tortilla chips.

**Legume:** Substitute diced canned or frozen sweet potato for the black beans.

**Chocolate:** Sub carob bar or chips.

**Dairy:** Use Enjoy Life brand semisweet chocolate bar or chips. Sub dairy-free/nut-free cheese and sour cream for optional toppings.

**Nut:** Use Enjoy Life brand semisweet chocolate bar or chips.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil, which usually contains soy. Use Enjoy Life brand semisweet chocolate bar or chips.

**Nightshade/Tomato:** Omit optional tomato topping.

## Instructions

### Rápido Mexican Black Bean Mole

#### intro

Mole (MOE-lay), primarily Mole Poblano, is Mexico's national dish. The word mole comes from the Nahuatl word "milli," which means sauce or "concoction." It is a rich chocolate and chili pepper sauce, traditionally served over turkey.

#### chop + grate

Have kids chop **1 bell pepper** and **1 garlic clove**. Chop or grate **1 or 2 ounces semisweet chocolate** (unless using chips instead of a bar). Chop or grate any of the optional toppings. Set all ingredients to the side.

#### sauté + stir

In a medium skillet on your stove top, warm **1 tablespoon of vegetable oil** and cook the chopped bell pepper and garlic. Sauté, stirring frequently, until soft and slightly browned, about 2 to 4 minutes. Then add **1 pinch of sugar** and cook for 1 minute more. Remove the skillet from the heat and let the peppers and garlic sit. (You'll be adding the sauce to them and simmering them together.)

#### measure + blend

Time to make the mole sauce! Have your kids measure **1 cup canned black beans** (drained), **1 cup vegetable stock**, **1/4 cup unsalted shelled sunflower seeds**, **1/2 teaspoon cumin**, **1/2 teaspoon mild chili powder**, **1/2 teaspoon cinnamon**, **1/2 teaspoon salt**, **1 pinch of sugar**, and the chopped chocolate into a blender, food processor, or sturdy bowl (using an immersion blender). Blend the mixture until smooth while counting to 5 in Spanish: 1 uno (OOH-no), 2 dos (dose), 3 tres (tress), 4 cuatro (KWAH-troh), 5 cinco (SINK-oh).

### add + simmer

Add the mole sauce to your skillet with the peppers, return to the stovetop, and heat to medium high. Heat the sauce and peppers until it bubbles, then reduce heat to low and simmer for 3 to 5 minutes or longer. The longer the sauce simmers and reduces the better. Stir well and be careful, as the sauce may splatter!

### taste + adjust

Have your kids taste the mole sauce (blow on it first!) and if needed, adjust with extra salt if needed or with a bit of water to thin.

### top + serve

Serve the mole over warmed **tortillas or tortilla chips**. Have your kids add the additional **toppings** of their choice. Enjoy with Caliente Cinnamon Hot Chocolate (see recipe) and say, "¡Comer bien, mis amigos!" (Eat well, my friends!).

## Featured Ingredient: Chocolate + Cocoa!

Hi! I'm Chocolate!

"Hello! Let me introduce myself! I can be dark brown, light brown, or even white. I'm sometimes bitter, sometimes a little sweet, and often very sweet. I add flavor and excitement to many other foods! Have you guessed yet? I'm Chocolate! You may be familiar with me from candy bars or chocolate sundaes, but I can liven up many other foods, too, including chili, butter, and milk!"

### History

The cacao (kahKOW) tree is native to equatorial South America and the rainforests of Mesoamerica. It was first used 5,300 years ago by indigenous people in South America. Mesoamericans who lived in the rainforests of Mexico and Central America domesticated the tree about 1,500 years later. They drank chocolate as a bitter beverage—far from the sweet treat most of us are familiar with today.

The Mayan people of Central and South America used cocoa as currency and as medicine: it was very valuable, just like vanilla! In fact, it was so precious that they made counterfeit cocoa beans out of clay and avocado seeds!

The Aztec people are a nomadic tribe in Northern Mexico. When the Aztec empire began to expand, they demanded that the Mayan people pay tribute to them through gifts of cacao.

The Aztec people ruled until Spaniards arrived and conquered the land and its people. The Spanish explorers took cacao beans back to Europe, where they experimented by adding cinnamon and sugar to sweeten it. For a long time, only aristocratic people enjoyed chocolate.

Princess Maria Theresa married Louis the 16th from France and gave him chocolate as a wedding present! Demand for chocolate soon grew very fast, and as a result, people were enslaved on plantations to grow cacao to meet the high demand.

In 1847, Joseph Fry invented the first chocolate bar. By 1907, Hershey was manufacturing millions of

chocolate kisses each day.

Cacao trees grow best in the rainforest underneath the branches of taller trees. However, they won't bear fruit until they are at least three to five years old.

Most early Spanish sources refer to chocolate as "cacahuatl" (cah-cah-Hwat), which translates to "cacao water."

The word chocolate comes from a combination of a Mayan word for hot, "chocol," and an Aztec word for water, "atl."

## How Chocolate is Made

All chocolate comes from the beans of the cacao tree. Cacao trees produce pods containing pulp-covered seeds. Before cacao is processed, it would be hard for most of us to recognize it as chocolate! This is because the pulp-covered seeds taste bitter and raw and look nothing like the chocolate products we see in stores.

The seeds go through a process called fermentation, and then they are dried and made into nibs before being turned into chocolate.

A cacao pod contains about 30 to 50 almond-sized seeds—enough to make about seven milk chocolate candy bars!

After roasting and grinding cocoa beans, chocolate liquor is left, which is about equal parts cocoa solids and cocoa butter. After the cocoa butter is mostly extracted, the result is dry cocoa solids. Cocoa powder is the powdered form. Natural cocoa is a light brown color and tastes bitter.

Dutch chemist Coenraad van Houten created the "Dutch process" method in the early 19th century to reduce the acidity in natural cocoa powder by treating the beans with alkaline salts. As a result, Dutch process cocoa is less bitter and has a dark brown color.

## How to Enjoy Cocoa & Chocolate

You can add unsweetened cocoa to milk with sugar, honey, or stevia for a delicious and warming beverage. You can also add it to smoothies for a delicious chocolaty taste and an extra hit of magnesium and polyphenols.

Chocolate comes in many forms: bars, kisses, chips, powder, shavings, puddings, syrups, and sauces. Unconventional chocolate flavor pairings: cardamom, lavender, wasabi, chili, chipotle, sea salt, lime, matcha, curry, ginger, mint, figs, fennel, sesame, parmesan, and Earl Grey tea. Seriously, what doesn't go well with chocolate?! Can you think of any other fun and delicious pairings?

## Nutrition

Dark chocolate helps protect your heart, blood, and brain! To get the full health benefits of chocolate, choose at least 85% cocoa content or higher. The higher percentage makes the chocolate more bitter, but those bitter compounds, called polyphenols, are antioxidants that provide several health benefits. Many people prefer very dark chocolate!

Polyphenols help prevent heart disease by maintaining healthy blood pressure levels, keeping vessels flexible and allowing the blood in our body to flow easier (good circulation), and reducing inflammation. In addition, they help control blood sugar levels, lower cancer risk, and boost immunity. Polyphenols also promote good digestion.

Cocoa is a great source of magnesium. We need magnesium for good health! For strong bones, healthy teeth, and as a building block for proteins within the body.

Cocoa can protect our teeth?! Cacao contains antibacterial elements that fight tooth decay. However, this is true with unsweetened cocoa only, as most mass-produced chocolate has a lot of sugar. We know what sugar does to our teeth—it causes decay!

One study has shown that the smell of chocolate may actually relax you by increasing theta waves in the brain!