

# Pork Chops Mole

inspired by Cooking Light December 2000

## Ingredients:

Cooking spray

4 boned pork loin chops (about 1/2 inch thick)

1/4 cup chicken broth

1 cup chopped onion

1/2 cup yellow bell pepper strips

1/2 cup red bell pepper strips

1 minced seeded jalapeño pepper

1 (14.5-ounce) can diced tomatoes with garlic and onion, undrained

1/2 ounce semisweet chocolate, grated

1 teaspoon chili powder

1 teaspoon dried oregano

1/2 teaspoon salt

1/4 teaspoon cumin seeds

1/2 cup minced fresh cilantro

Tools: grater, nonstick skillet, plate, stove

## Instructions:

1. Cook the pork chops over medium high heat in a skillet 4 minutes from each side.
2. Remove them from the pan, then add the chicken broth and scrape up the brown bits.
3. Pour the broth and browned bits over the chops and set them aside, covered.
4. Coat the skillet with cooking spray again and heat it up again.
5. Add onions and peppers. Cook until they're tender.
6. Stir in tomatoes and cook for just a minute.
7. Add chocolate, chili, oregano, salt and cumin seeds.
8. Add the pork chops and bring to a boil, cover, and reduce heat to medium low.
9. Cook 5 minutes, then sprinkle with cilantro and serve.