

# Easy Mexican Black Bean Molé Chili

Yield: 5 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-black-bean-mole-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 onion diced
- 1 carrot diced
- 1 green bell pepper or red, diced
- 3 tablespoons coriander /cilantro stems, finely chopped
- 3 cloves garlic crushed
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 cinnamon stick
- 1 can black beans drained
- 1 can diced tomatoes
- 1 tablespoon tomato paste or ketchup
- 1 tablespoon peanut butter
- 1 tablespoon currants or raisins
- 1 tablespoon dark chocolate chopped
- 2 green onions chopped
- jalapeños
- sour cream
- coriander

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 9 grams

6. Protein: 9 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 400 milligrams
  9. Sugar: 6 grams
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