

**MC** Consider serving chicken on the bone.

(Original: [Below](#))

Rating: X.

**Makes 4 to 6 servings.** In Mexico, slowly simmered mole—a rich, complex sauce typically made with onions, garlic, dried chiles, chocolate, nuts, and spices—is often paired with chicken. We decided to translate the idea into a pressure-cooker shredded chicken chili. Traditional mole relies on a long ingredient list, but we simply fine-tuned a mix of pantry staples like chili powder, cocoa, cinnamon, cloves, raisins, and peanut butter, until it had just the right profile. After simmering the mixture to let the flavors meld, we puréed it in the blender for a smooth sauce. Back in the pot and under pressure, our mole infused the chicken with bold flavor. Red bell pepper added sweetness, texture, and color, while the mild acidity of diced tomatoes balanced the richness, and cilantro brightened it up. Garnish with peanuts, onion, tomatoes, and cilantro, if desired.

**Total Time: About 1 1/4 hours — DO NOT SCALE UP THE 8-QUART RECIPE !**

**— 8 minutes High Pressure + 5-minute Natural Release, then Quick-Release —**  
**For very large thighs, cook 9 minutes High Pressure + 6-minute Natural Release, then Quick Release**

# Mole Chicken Chili

**Notes Freeze/Cook Dymo Label**

**Pressure Cooker**



# Mole Chicken Chili (mod RG)

## 1. TRIM CHICKEN.

**SEASON CHICKEN** with salt and pepper.

**REFRIGERATE** until needed.

Ingredients	Servings Yield	4 to 6 servings	6 to 9 servings	
		6-quart cooker	8-quart cooker	
<i>Bone-in chicken thighs, skin removed and discarded, trimmed</i>		4 pounds (64 oz, 1815 g)	6 pounds 96.0 oz, 2720 g	Try 7 pounds 112.0 oz, 3175 g
<i>Salt and pepper</i>		Salt & pepper	Salt & pepper	

2. **THE MOLE.** Heat oil in pressure-cooker pot over **medium heat** until shimmering.

Add garlic, chipotle, chili powder, cocoa, cinnamon, and cloves and cook until fragrant, about **30 seconds**.

Stir in broth, tomatoes, raisins, and peanut butter, scraping up any browned bits.

Bring to simmer and cook for **5 minutes**.

Purée sauce in blender until smooth, about **30 seconds**. Completely fills my blender - must separate out 1 cup of sauce, then puree in two batches.

<i>Vegetable oil</i>		2 tablespoons (3 tbslp in all)	3 tbslp, 41 g (4.5 tbslp in all)	
<i>Garlic cloves, minced</i>		3 cloves (15 g)	4 cloves (23 g)	
<i>Minced canned chipotle chile in adobo sauce (purée whole can)</i>		2 teaspoons	2 1/2 teaspoons 9 g	Orig: 1 tbslp
<i>Chili powder (used Penzey 3000)</i>		2 tablespoons	3 tablespoons	
<i>Cocoa</i>		2 tablespoons	3 tablespoons	
<i>Ground cinnamon (Try Ceylon)</i>		1/2 teaspoon	3/4 teaspoon	Used Vietnamese
<i>Ground cloves</i>		1/8 teaspoon	1/8 + 1/16 tsp	
<i>Low-sodium chicken broth</i>		2 1/2 cups 21.2 oz, 600 g	3 3/4 cups 31.7 oz, 900 g	Leave as is for #7 chix
<i>28 oz can whole plum tomatoes, halved</i>		1 (14.5-oz) can	23.0 oz, 652 g	
<i>Raisins</i>		1 cup not packed 5.1 oz, 145 g	1 1/2 cups 7.7 oz, 218 g	
<i>Peanut butter</i>		1/4 cup 2.3 oz, 64 g	6 tablespoons 3.4 oz, 97 g	

3. Heat remaining oil in now-empty pot. **ADD ONION** and sweat until softened, about **5 minutes**.

**STIR IN SAUCE.**

**THEN ADD CHICKEN** to pot.

<i>The remaining oil</i>		1 tbslp (14 g)	1 1/2 tbslp (21 g)	
<i>1 1/2 large onions, halved and sliced 1/2-inch thick</i>		1 med. (1 cup) 8.0 oz, 227 g	1 large (1.5 cups) 12.0 oz, 340 g	
<i>The sauce</i>		The sauce	The sauce	
<i>The seasoned chicken</i>		The seasoned chicken		

4. **LOCK** pressure-cooker lid in place and bring to high pressure over **medium-high heat**. As soon as pot reaches **High Pressure**, reduce heat to **medium-low**. It takes **20 minutes** to reach high pressure in 6 quart Instant Pot.

**COOK** for **9 minutes** (for really large Costco thighs, cook for **10 minutes**), adjusting heat as needed to maintain high pressure.

Remove pot from the heat.

**RELEASE PRESSURE NATURALLY** for **5 minutes** (6 minutes for extra-large thighs)

**QUICK RELEASE REMAINING PRESSURE**, then carefully remove lid, allowing steam to escape away from you.

5. **TRANSFER CHICKEN** to *sheet pan*, cool slightly, then shred meat into bite-size pieces, discarding bones.

6. **MEANWHILE**, bring chili to **simmer**, stir in bell pepper, and cook until tender, **15 minutes**.

**STIR IN** shredded chicken and cilantro, season with salt and pepper to taste, and serve.

**GARNISH** with diced red onion.

<i>The chili</i>		<i>The chili</i>	<i>The chili</i>	
<i>Two red bell peppers, stemmed, seeded, cut into 1/2-inch pieces</i>		2 peppers	3 peppers	
<i>The shredded chicken</i>		Shredded chicken	Shredded chicken	
<i>Minced fresh cilantro</i>		1/4 cup	6 tablespoons	
<i>Salt and pepper to taste</i>		Salt & pepper	Salt & pepper	
<i>Diced red onion, for garnish</i>				
<i>Other? Salted peanuts, sliced almonds, pumpkin seeds, chopped radish?</i>				
<i>Extra cilantro leaves?</i>				

Sour Cream, lime wedges, avocado, feta or cotija cheese?

### RG notes:

This is a LOT of meat, I prefer using about 3 pounds  
Must use size guides at right – need BIG pieces of vegetable  
Total time from starting prep to serving is about 2 hours 10 minutes

1 inch square  
Red peppers

1/2 inch slice - onions

**MENU IDEAS.** (Just throwing out ideas here for now.)

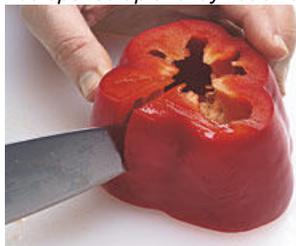
Warm, buttered tortillas or a sliced French baguette to soak up the sauce  
Steamed rice? Yellow rice? CHECK [Rosa's Mexican Rice, 5 Flavors, Cilantro-Lime Rice \(PC or Rice Cooker\)](#)  
Salad: jicama? Zucchini strips? Vinaigrette?

**IDEAS FOR LEFTOVERS.**

[Freeze](#) for later

## CUTTING UP A BELL PEPPER

We've found that the most efficient way to handle this awkwardly shaped vegetable is to slice off the top and bottom, then cut the body of the pepper in one place so that it can be opened up and lay flat on the cutting board.



1. Slice off top and bottom of pepper and remove seeds and stem. Slice down through side of pepper.



2. Lay pepper flat on cutting board, trim away any remaining ribs and seeds; cut into pieces or strips as desired.

## TROUBLESHOOTING

### Can I substitute chicken breasts in this recipe?

We wouldn't recommend it if you are after chili with the same texture and consistency as our master recipe since breasts shred into thinner strands and soak up more sauce. However, we did think that this recipe made with an **equal amount of bone-in breasts** made a fantastic filling for **tacos or burritos**. Reduce the pressurized cooking time to **15 minutes**.

### Do I need to alter the recipe for a 6-quart electric pressure cooker?

Yes, quick release the pressure immediately after the pressurized cooking time; do not let the cooker switch to the warm setting. Use the browning (not the simmer) setting to simmer the chili in step 5.

**FREEZING DIRECTIONS & LABEL (below):** Allow sauce to cool completely. Pour into **gallon-size freezer storage bags**. Place chicken breasts in **gallon freezer storage bag** with sauce. Label and freeze. **Dymo Label**

**TO SERVE:** Thaw. Heat grill to **Direct/ Medium heat**. Discard marinade and grill chicken until cooked through.

## NOTES:

1. See "[Freezing & Reheating Instructions, Container Chart, & Label](#)" link. [Dymo Label](#)
2. **Do not increase the sauce.** It barely fits into the tallest VitaMix container.

# Mole Chicken Chili

## 1. TRIM CHICKEN.

**SEASON CHICKEN** with salt and pepper.

**REFRIGERATE** until needed.

Ingredients	Servings Yield	4 to 6 servings	6 to 9 servings	
		6-quart cooker	8-quart cooker	
<i>Bone-in chicken thighs, skin removed and discarded, trimmed</i>		4 pounds (64 oz, 1815 g)	6 pounds 96.0 oz, 2720 g	Try 7 pounds 112.0 oz, 3175 g
<i>Salt and pepper</i>		Salt & pepper	Salt & pepper	

2. **THE MOLE.** Heat oil in pressure-cooker pot over **medium heat** until shimmering.

Add garlic, chipotle, chili powder, cocoa, cinnamon, and cloves and cook until fragrant, about **30 seconds**.

Stir in broth, tomatoes, raisins, and peanut butter, scraping up any browned bits.

Bring to simmer and cook for **5 minutes**.

Purée sauce in blender until smooth, about **30 seconds**. Completely fills my blender - must separate out 1 cup of sauce, then puree in two batches.

<i>Vegetable oil</i>	2 tablespoons (3 tbslp in all)	3 tbslp, 41 g (4.5 tbslp in all)	
<i>Garlic cloves, minced</i>	3 cloves (15 g)	4 cloves (23 g)	
<i>Minced canned chipotle chile in adobo sauce (purée whole can)</i>	2 teaspoons	2 1/2 teaspoons 9 g	Orig: 1 tbslp
<i>Chili powder (used Penzey 3000)</i>	2 tablespoons	3 tablespoons	
<i>Cocoa</i>	2 tablespoons	3 tablespoons	
<i>Ground cinnamon (Try Ceylon)</i>	1/2 teaspoon	3/4 teaspoon	Used Vietnamese
<i>Ground cloves</i>	1/8 teaspoon	1/8 + 1/16 tsp	
<i>Low-sodium chicken broth</i>	2 1/2 cups 21.2 oz, 600 g	3 3/4 cups 31.7 oz, 900 g	Leave as is for #7 chix
<i>28 oz can whole plum tomatoes, halved</i>	1 (14.5-oz) can	23.0 oz, 652 g	
<i>Raisins</i>	1 cup not packed 5.1 oz, 145 g	1 1/2 cups 7.7 oz, 218 g	
<i>Peanut butter</i>	1/4 cup 2.3 oz, 64 g	6 tablespoons 3.4 oz, 97 g	

3. Heat remaining oil in now-empty pot. **ADD ONION** and sweat until softened, about **5 minutes**.

**STIR IN SAUCE.**

**THEN ADD CHICKEN** to pot.

<i>The remaining oil</i>	1 tbslp (14 g)	1 1/2 tbslp (21 g)	
<i>1 1/2 large onions, halved and sliced 1/2-inch thick</i>	1 med. (1 cup) 8.0 oz, 227 g	1 large (1.5 cups) 12.0 oz, 340 g	
<i>The sauce</i>	<i>The sauce</i>	<i>The sauce</i>	
<i>The seasoned chicken</i>	<i>The seasoned chicken</i>	<i>The seasoned chicken</i>	

4. **LOCK** pressure-cooker lid in place and bring to high pressure over **medium-high heat**. As soon as pot reaches **High Pressure**, reduce heat to **medium-low**.

**COOK** for **8 minutes (for really large thighs, cook for 9 minutes)**, adjusting heat as needed to maintain high pressure.

Remove pot from the heat.

**RELEASE PRESSURE NATURALLY** for **5 minutes** (6 minutes for extra-large thighs)

**QUICK RELEASE REMAINING PRESSURE**, then carefully remove lid, allowing steam to escape away from you.

5. **TRANSFER CHICKEN** to *sheet pan*, cool slightly, then shred meat into bite-size pieces, discarding bones.

6. **MEANWHILE**, bring chili to **simmer**, stir in bell pepper, and cook until tender, **10 to 15 minutes**.

**STIR IN** shredded chicken and cilantro, season with salt and pepper to taste, and serve.

**GARNISH** with diced red onion.

<i>The chili</i>	<i>The chili</i>	<i>The chili</i>	
<i>Red bell pepper, stemmed, seeded, cut into 1/2-inch pieces</i>	1 pepper	1 1/2 peppers	
<i>The shredded chicken</i>	<i>Shredded chicken</i>	<i>Shredded chicken</i>	
<i>Minced fresh cilantro</i>	1/4 cup	6 tablespoons	
<i>Salt and pepper to taste</i>	Salt & pepper	Salt & pepper	
<i>Diced red onion, for garnish</i>			
<i>Other? Salted peanuts, sliced almonds, pumpkin seeds, chopped radish?</i>			
<i>Extra cilantro leaves?</i>			

Sour Cream, lime wedges, avocado, feta or cotija cheese?

### RG notes:

This is a LOT of meat!!

Dutch oven results not quite as good as PC - cook thighs 30 minutes (to 175 F)

If meat separated from bone first, only cook thighs 20 minutes

Must use size guides at right – need BIG pieces of vegetable

1 inch square Red peppers

1/2 inch slice - onions

**MENU IDEAS.** (Just throwing out ideas here for now.)

Warm, buttered tortillas or a sliced French baguette to soak up the sauce  
Steamed rice? Yellow rice? CHECK [Rosa's Mexican Rice, 5 Flavors, Cilantro-Lime Rice \(PC or Rice Cooker\)](#)  
Salad: jicama? Zucchini strips? Vinaigrette?

**IDEAS FOR LEFTOVERS.**

[Freeze](#) for later

## CUTTING UP A BELL PEPPER

We've found that the most efficient way to handle this awkwardly shaped vegetable is to slice off the top and bottom, then cut the body of the pepper in one place so that it can be opened up and lay flat on the cutting board.



1. Slice off top and bottom of pepper and remove seeds and stem. Slice down through side of pepper.



2. Lay pepper flat on cutting board, trim away any remaining ribs and seeds; cut into pieces or strips as desired.

## TROUBLESHOOTING

### Can I substitute chicken breasts in this recipe?

We wouldn't recommend it if you are after chili with the same texture and consistency as our master recipe since breasts shred into thinner strands and soak up more sauce. However, we did think that this recipe made with an **equal amount of bone-in breasts** made a fantastic filling for **tacos or burritos**. Reduce the pressurized cooking time to **15 minutes**.

### Do I need to alter the recipe for a 6-quart electric pressure cooker?

Yes, quick release the pressure immediately after the pressurized cooking time; do not let the cooker switch to the warm setting. Use the browning (not the simmer) setting to simmer the chili in step 5.

**FREEZING DIRECTIONS & LABEL (below):** Allow sauce to cool completely. Pour into **gallon-size freezer storage bags**. Place chicken breasts in **gallon freezer storage bag** with sauce. Label and freeze. **Dymo Label**

**TO SERVE:** Thaw. Heat grill to **Direct/ Medium heat**. Discard marinade and grill chicken until cooked through.

## NOTES:

3. See "[Freezing & Reheating Instructions, Container Chart, & Label](#)" link. [Dymo Label](#)
4. **Do not increase the sauce.** It barely fits into the tallest VitaMix container.

— Original —

# Mole Chicken Chili

Pressure Cooker

Rating: X.

Notes Freeze/Cook Dymo Label

**Makes 4 to 6 servings.** In Mexico, slowly simmered mole—a rich, complex sauce typically made with onions, garlic, dried chiles, chocolate, nuts, and spices—is often paired with chicken. We decided to translate the idea into a pressure-cooker shredded chicken chili. Traditional mole relies on a long ingredient list, but we simply fine-tuned a mix of pantry staples like chili powder, cocoa, cinnamon, cloves, raisins, and peanut butter, until it had just the right profile. After simmering the mixture to let the flavors meld, we pureed it in the blender for a smooth sauce. Back in the pot and under pressure, our mole infused the chicken with bold flavor. Red bell pepper added sweetness, texture, and color, while the mild acidity of diced tomatoes balanced the richness, and cilantro brightened it up. Garnish with peanuts, onion, tomatoes, and cilantro, if desired.

**Total Time: About 1 1/4 hours**

— 25 minutes High Pressure + Quick Release —

**3 tablespoons vegetable oil**  
**2 tablespoons chili powder**  
**2 tablespoons cocoa**  
**3 garlic cloves, minced**  
**2 teaspoons minced canned chipotle chile in adobo sauce**  
**1/2 teaspoon ground cinnamon**  
**1/8 teaspoon ground cloves**  
**2 1/2 cups low-sodium chicken broth**  
**1 (14.5-ounce) can diced tomatoes**  
**1 cup raisins**  
**1/4 cup peanut butter**  
**4 pounds bone-in chicken thighs, skin removed, trimmed**  
**Salt and pepper**  
**1 onion, halved and sliced 1/2 inch thick**  
**1 red bell pepper, stemmed, seeded, and cut into 1/2-inch pieces**  
**1/4 cup minced fresh cilantro**



- 1. THE MOLÉ.** Heat 2 tablespoons oil in pressure-cooker pot over **medium heat** until shimmering. Add chili powder, cocoa, garlic, chipotle, cinnamon, and cloves and cook until fragrant, about **30 seconds**. Stir in broth, tomatoes, raisins, and peanut butter, scraping up any browned bits. Bring to simmer and cook for **5 minutes**. Purée sauce in blender until smooth, about **30 seconds**.
- 2. SEASON CHICKEN** with salt and pepper. Heat remaining 1 tablespoon oil in now-empty pot. **ADD ONION** and cook until softened, about **5 minutes**. **STIR IN SAUCE**, then add chicken to pot.
- Lock pressure-cooker lid in place and bring to high pressure over **medium-high heat**. As soon as pot reaches high pressure, reduce heat to **medium-low**. **COOK** for **25 minutes**, adjusting heat as needed to maintain high pressure. Remove pot from the heat.
- 4. QUICK RELEASE PRESSURE**, then carefully remove lid, allowing steam to escape away from you.
- 5. TRANSFER CHICKEN** to **cutting board**, let cool slightly, then shred meat into bite-size pieces, discarding skin and bones. **MEANWHILE**, bring chili to **simmer**, stir in bell pepper, and cook until tender, **10 to 15 minutes**. **STIR IN** shredded chicken and cilantro, season with salt and pepper to taste, and serve.

## CUTTING UP A BELL PEPPER

We've found that the most efficient way to handle this awkwardly shaped vegetable is to slice off the top and bottom, then cut the body of the pepper in one place so that it can be opened up and lay flat on the cutting board.



1. Slice off top and bottom of pepper and remove seeds and stem. Slice down through side of pepper.



2. Lay pepper flat on cutting board, trim away any remaining ribs and seeds; cut into pieces or strips as desired.

## TROUBLESHOOTING

### Can I substitute chicken breasts in this recipe?

We wouldn't recommend it if you are after chili with the same texture and consistency as our master recipe since breasts shred into thinner strands and soak up more sauce. However, we did think that this recipe made with an **equal amount of bone-in breasts** made a fantastic filling for **tacos or burritos**. Reduce the pressurized cooking time to **7 minutes** on **High Pressure** + **4 minutes Natural Pressure Release**, then **Quick-Release**.

### Do I need to alter the recipe for a 6-quart electric pressure cooker?

Yes, quick release the pressure immediately after the pressurized cooking time; do not let the cooker switch to the warm setting. Use the browning (not the simmer) setting to simmer the chili in step 5.

### FREEZING DIRECTIONS:

Label and freeze.

[Dymo Label](#) →

Samples in following recipes:

Baking:

Grilling: [Grilled Citrus Adobo Chicken Breasts](#)

## Recipe Title

**THAW** in refrigerator **overnight**. If micro-thawed,.....  
**PREHEAT GRILL 15 minutes**. Meanwhile, discard marinade & pat chicken dry. Coat lightly with **mayonnaise**.  
**LOWER HEAT** to **Direct/ Medium** and oil grate.  
**GRILL CORN (Optional): 4 min/ side**.  
**GRILL CHICKEN 2 minutes per side (1:00 + 1:00, FLIP, 2:00)** or until cooked through (160°F). **COVER** with foil.  
**REST 5-10 min**. Slice (opt); serve on bed of **Cilantro-Lime Rice**, garnished with **lime wedges & cilantro sprigs**.