

SHOPPING LIST



CHICKEN (WHOLE OR PARTS, BONE-IN)
4 YELLOW OR WHITE ONIONS
2 CANS PEELED TOMATOES OR 6 TOMATOES
1 JAR DOÑA MARIA MOLE (MOST COMMONLY USED + FOUND IN GROCERY STORES)
2 HEADS OF GARLIC (OR A BAG OF PEELED CLOVES)
1 POBLANO PEPPER
LONG GRAIN WHITE RICE
CHICKEN BOUILLON
BLEND OIL
SALT, PEPPER

FOR VEGETARIAN OPTIONS:

REPLACE CHICKEN WITH:

- A GOOD VEG STOCK
- A STURDY VEG: ROASTED SQUASH (BUTTERNUT, ACORN, RED KURI), BEANS, ROASTED CAULIFLOWER, MUSHROOMS, AND MORE
- VEGGIE BOUILLON

OPTIONAL: PLAY WITH SEASONING IN YOUR MOLE TO YOUR TASTE!

CILANTRO, BAY LEAF, MULLING SPICE MIX JAR (OR CLOVES, ALLSPICE, CINNAMON), MEXICAN CHOCOLATE (ABUELITA OR IBARRA), NUT BUTTER (PEANUT, ALMOND, SUNFLOWER), TOMATO PASTE

BE SURE TO PREP CHICKEN BROTH + CHICKEN AHEAD OF CLASS!