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Chicken Mole

- 1 1/4 pounds chicken breast or thighs
- Salt and pepper
- 1/2 large onion, chopped
- 1/2 large green bell pepper, cored, seeded, and chopped
- 1/2 cloves garlic, minced
- 1 tablespoon chili powder
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/2 can (7 1/4 ounces) diced tomatoes
- 1 tablespoon unsweetened natural peanut butter or almond butter
- 1 tablespoon unsweetened cocoa powder
- 1 scallion, chopped

Sprinkle the chicken with salt and black pepper. Heat a large nonstick skillet coated with coconut oil/butter/coconut ghee over medium-high heat. Add the chicken and cook for 8 minutes, turning once, or until browned on both sides. Remove the chicken to a large plate.

Add the onion, bell pepper, and garlic to the skillet and cook for 3 minutes, or until the onion becomes translucent. Stir in the chili powder, cinnamon, and cloves and cook for 1 minute. Return the chicken to the skillet. Add the tomatoes (with juice), peanut butter, and cocoa powder and bring to a boil. Cover and simmer, stirring every few minutes, for 25 minutes, turning once, or until the chicken is no longer pink. Garnish with the scallions and cilantro.

Adapted from South Beach Diet