

## Mole Burritos

### INGREDIENT LIST

6 oz Chihuahua cheese  
Greek-style yogurt  
1 romaine heart  
2 tomatoes  
1 large yellow onion  
4 garlic cloves  
1 dried ancho chile  
1 dried guajillo chile  
2 tablespoons neutral oil (like sunflower, grapeseed, avocado or canola)  
1 can pinto beans  
1 cup vegetable broth  
½ cup uncooked raw brown rice (you'll need 1½ cups cooked brown rice)  
2 tablespoons semi-sweet chocolate chips or chopped dark chocolate  
2 tablespoons raw sunflower seed kernels  
½ teaspoon ground cumin  
¼ teaspoon chili powder  
Whole wheat tortillas  
Salt & pepper

#### SUBSTITUTION NOTES:

- **Chihuahua Cheese** -> If you can't find it, you can substitute with Monterey Jack or mild cheddar.
- **Greek-Style Yogurt** -> You can use sour cream instead, if you'd like.
- **Dried Chiles** -> If you can't find them, you can substitute with two fresh poblano peppers or bell peppers and add cayenne pepper for heat, if you'd like.
- **Pinto Beans** -> If you prefer, you can use black beans.
- **Vegetable Broth** -> You can use chicken broth instead if you'd like.

#### PREP NOTES FOR ALL AGES:

- **Produce** -> Wash all produce well with cool water.
- **Brown Rice** -> Cook ½ cup raw brown rice according to package directions before class.
- **Pinto Beans** -> Open can, but DON'T drain the liquid.

#### SPECIAL PREP NOTES FOR FAMILY & KID CLASSES:

- **Cheese** -> Cut cheese into 2-3 pieces. For younger kids, you may want to pregrate some of it.
- **Tomatoes** -> Cut into ½-inch thick slices.
- **Onion** -> Trim off ends, remove papery skin & cut in half lengthwise. Cut each half into ¼-inch slices (they'll look like rainbows - this makes it easier for the kids to chop).

*Mole Burritos*

## EQUIPMENT LIST

Cutting board  
Chopping tool  
Grater  
Measuring cups  
Measuring spoons  
Wooden spoon  
Tongs (if heating tortillas on gas burner)  
Blender, immersion blender, or food processor  
Medium saucepan  
Medium sauté pan  
Gas burner or microwave (for heating up tortillas)  
Stovetop

NOTE:

- **Chopping Tool** -> *If your child is older and experienced with a knife, and can in your judgment safely use it with your close supervision during class, that's great. We often use wavy chopping tools with younger kids with great success (we do sell them for \$5 and would be happy to ship one to you). A serrated plastic lettuce knife or even a butter knife can also work great too!*

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