

Chocolate-Chili Beef Mole Bowl

A rich, savory one-person main dish with tender beef, warm spices, and a little dark chocolate for depth. Serve over rice to soak up the velvety sauce.



Main Dish

70 min

Total time

Medium

Difficulty

590

kcal / serving

Nutrition per serving (estimated)

Protein 38 g

Carbs 57 g

Fat 22 g

Fiber 3 g · Sugar 7 g · Sodium 520 mg

Ingredients

- 150 g (5 oz) stewing beef, cut into bite-size pieces
- 1 tsp neutral oil
- 1/4 small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp tomato paste
- 120 ml (1/2 cup) low-sodium beef broth
- 10 g (about 1 tbsp) dark chocolate, finely chopped
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika
- Pinch of chili powder
- Salt and black pepper, to taste
- 100 g (about 1/2 cup) cooked rice
- 1 tsp lime juice

Substitutions

Stewing beef – Boneless chicken thigh pieces; simmer until tender, checking earlier since they cook faster.

Beef broth – Chicken broth in the same amount.

Cooked rice – Cooked quinoa in the same serving amount.

Dark chocolate – Unsweetened cocoa powder, about 1 teaspoon, stirred in with a little extra broth.

Drink pairing

A medium-bodied Syrah

Its dark-fruit character and peppery notes complement the beef, smoky spices, and bittersweet sauce.

0% option: Sparkling water with a squeeze of lime

Steps

- 1 Pat the beef dry and season it lightly with salt and pepper.
- 2 Warm the oil in a small saucepan over medium heat. Add the beef and brown on several sides, about 4 minutes, then transfer it to a plate.
- 3 Add the onion to the pan and cook until softened, about 3 minutes. Stir in the garlic, tomato paste, cumin, paprika, and chili powder; cook for 30 seconds.
- 4 Pour in the broth, scraping up browned bits. Return the beef and any juices to the pan. Cover and simmer gently until the beef is fork-tender, about 45-60 minutes, adding a splash of broth if the sauce gets too thick.
- 5 Stir in the chopped chocolate until melted and the sauce looks glossy. Add the lime juice and adjust the salt and pepper.
- 6 Spoon the beef and sauce over the cooked rice and serve hot.

Chef's tips

- Choose dark chocolate with a cocoa-forward, not strongly sweet, flavor so it deepens the sauce without making it taste like dessert.
- A small heavy-bottomed saucepan helps the sauce simmer steadily and reduces the chance of scorching.
- The finished sauce should coat a spoon; if it tastes flat, a little extra lime can brighten it.

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3-4 days. Reheat the beef and sauce until steaming hot; store rice separately if possible.

Frequently asked questions

How can I tell when the beef is tender?

It should yield easily when pressed with a fork. If it still feels firm, keep it at a gentle simmer and check again after 10 minutes.

Can I make the mole sauce ahead?

Yes. Make the beef and sauce up to 3-4 days ahead, refrigerate promptly, and reheat until steaming hot. Prepare fresh rice for the best texture.

Will the sauce taste strongly of chocolate?

No; the small amount of dark chocolate adds a rounded, slightly bitter depth. Use a less sweet chocolate for the most savory result.