

# Ancho Chile Sauce

1 dried ancho chili  
1 cup chicken broth  
1/2 onion, chopped  
1 clove garlic, chopped  
1/2 teaspoon ground oregano  
1/4 teaspoon ground cumin  
1 1/2 teaspoons chili powder  
1 1/2 teaspoons sweet paprika  
dash cayenne pepper  
1/2 jalapeno, seeds removed  
1 1/2 teaspoon butter  
1 1/2 teaspoons flour

Remove seeds and veins from ancho chile. Boil 1/2 cup chicken broth in a small saucepan and add the chile. Remove from heat and let Chile soak 20 minutes. Sweat (without oil) the onion and garlic in a 2-quart saucepan over Medium heat until golden. Add remaining 1/2 cup broth, spices and jalapeno half. Bring to a boil and heat until liquid is reduced by one-third. Add ancho chile-broth mixture to reduced liquid and onions. Bring to a boil and heat 10 minutes longer. Puree sauce in a blender or a food processor until smooth and set aside. (Jalapeno half may be removed before pureeing if a milder sauce is preferred.) Melt butter in a saucepan; add flour and stir to make a roux. Pour pureed mixture into roux, whisking to blend as you pour. Heat sauce over Medium heat, stirring occasionally, until thickened. Season with salt, as desired to taste.

**Servings: 4**

**Preparation time: 10 minutes**

**Cooking time: 25 minutes**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	53.89
Calories From Fat (41%)	21.87
<b>% Daily Value</b>	
<b>Total Fat</b> 2.49g	<b>4%</b>
Saturated Fat 1.10g	<b>6%</b>
<b>Cholesterol</b> 3.82mg	<b>1%</b>
<b>Sodium</b> 203.93mg	<b>8%</b>
<b>Potassium</b> 232.83mg	<b>7%</b>
<b>Carbohydrates</b> 6.58g	<b>2%</b>
Dietary Fiber 2.01g	<b>8%</b>
Sugar 1.04g	
Sugar Alcohols 0.00g	
Net Carbohydrates 4.57g	
<b>Protein</b> 2.36g	<b>5%</b>

## Ingredient Links

*In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.*

Recipe Ingredient	Linked To
1 dried ancho chili	1 x 1 pepper of Pepper, ancho, dried
1 cup chicken broth	1 x 1 cup of Soup, chicken broth, canned, prepared with equal volume water, commercial
1/2 onion, chopped	0.50 x 1 large of Onions, raw
1 clove garlic, chopped	1 x 1 clove of Garlic, raw
1/2 teaspoon ground oregano	0.50 x 1 teaspoon of Spices, oregano, ground
1/4 teaspoon ground cumin	0.25 x 1 teaspoon of Spices, cumin seed
1 1/2 teaspoons chili powder	1.50 x 1 teaspoon of Spices, chili powder
1 1/2 teaspoons sweet paprika	1.50 x 1 teaspoon of Spices, paprika
dash cayenne pepper	1 x 1 dash of Spices, pepper, red or cayenne
1/2 jalapeno, seeds removed	0.50 x 1 pepper of Peppers, jalapeno, raw
1 1/2 teaspoon butter	1.50 x 1 teaspoon of Butter, without salt
1 1/2 teaspoons flour	1.50 x 1 teaspoon of Wheat flour, white, all-purpose, enriched, unbleached

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