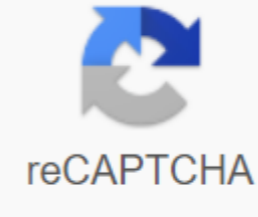




I'm not robot



Continue

## Mole worksheet

This recipe is part of the recipe Turkey Mole Yield Makes 3 cups Ingredients 1 tablespoon olive oil 1 small onion, finely chopped 1/4 cup chilli powder 4 cloves garlic, minced 1 teaspoon ground cinnamon 1/2 teaspoon ground clove 1/2 teaspoon anise seeds or fennel seeds 1 large tomato, seeds and finely chopped 1/3 cup raisins 1 large ripe banana, cut into pieces 1 corn or flour tortillas, torn into pieces, or 1 slice of bread, torn into pieces 2 cups reduced sodium chicken broth, divided into 1 square (1 ounce) semisweet chocolate preparation Heat oil over medium heat in a large nonstick pan. Add the onion. Cook and stir for 5 minutes or until tender. Add chili powder, garlic, cinnamon, cloves and anise seeds. Cook and stir for 3 minutes or until the mixture is dry and slightly darker. Add the tomatoes and raisins. Cover; cook for 3 minutes or until the tomatoes are tender. Pour mixture into food processor reserved almond mixture. Add bananas, tortillas and 1/2 cup broth; processing to pulping. Return to the pan over medium heat and make a simmer. Add chocolate; until melted. Add the remaining 1-1/2 cups of broth; reduces heat to low. Cover; simmer for 20 minutes, stirring occasionally to make the flavors blend. Ad Watch several recipes for Mexican advertising turkey mole rich blends of ground chili, spices, nuts and seeds-moles (MO-layers) of the endless variety of a special southern Mexico. Some, like this one, even contain a little chocolate. Yield makes 8 servings of Ingredients 2-1/2 pounds turkey thighs or 3-1/2 lbs chicken thighs 1/4 cup sliced or sliced almonds, or unseeded roasted peanuts 2 tablespoons sesame seeds Mole Sauce 1/4-1/2 teaspoon sugar (optional) 1/4 cup chopped fresh coriander 3 cups cooked rice Preparation Place turkey legs stockpot or Dutch oven; cover with water. Bring to the boil over a high heat. Reduce the heat to medium. Cover; cook for 1-1/2 hours or until the meat is soft (cook chicken thighs for 45 minutes); Channel. Cool a little. Remove skin, bones and fat; Discard. Cut turkey into large cubes. Heat large nonstick pan over medium heat. Add almonds. Cook, stirring frequently, for 4-5 minutes or until golden. Transfer almonds to small bowl. Add the sesame seeds to the pan. Cook and stir for 4-5 minutes or until golden. Set 2 teaspoons aside garn out; Add the remaining sesame seeds to the almonds. Spare mole sauce. Prepare with mole sauce. Combine turkey and mole sauce in large nonstick pans. Simmer over medium to high heat. Cover and cook for 10 minutes or until turkey is warm. Add water or additional broth if it is too thick; cook uncovered if thin. Add sugar if necessary. Sprinkle with reserved sesame seeds and coriander. Serve over rice. Decorate as you Serving size: includes mole sauce 332 Calories from fat 32 % total fat 12 g Saturated fat 3 g Cholesterol 57 mg Carbohydrate 34 g Fiber 3 g Protein 24 g Sodium 110 mg Starch 1-1/2 Fruit Fruit Vegetables 1 Meat 2-1/2 Fat 1 Advertising Check out several recipes mexican Advertising Home Pest Control Family HandymanOr live trap or use the spring trap to keep moles ruining your factory. Both methods are effective and easy, how to trap moles. Photo Courtesy Fotosearch.By diy experts at the family's Handyman Magazine! also like: TBDStop moles trapping them With Complicating moles digging tunnels just below the lawn, looking for worms and grubs. Moths can eat their weight in worms and larvae every day, so they find healthy, well-irrigated lawns – filled with worms and larvae – very attractive. Tunnel as fast as a foot per minute in the sod, a mole might make an average yard look like an army invaded it. To their credit, moles do a good job of regulating soil and Japanese beetle larvae and other harmful beetles, and do not eat flowers or plants. If you can live with them, they usually won't cause any serious, long-term damage to your factory. However, if you don't know, you'll have to trap or remove them. The population density of moles is usually no more than three hectares, so catch one more can take care of the problem. Setting Mole TrapsLivetrapping by setting a deep bucket under an active tunnel is sometimes effective. To set up a live trap, dig a hole in the tunnel deep enough to make a 2- to 5-gallon bucket below the level of the tunnel. Wrap the dirt around the edge of the bucket to catch moles, then cover the hole with the sod or plywood so you can check the hole daily. The mole's going to fall in, and then you can take it to a new place. However, the most effective, well-established mole trapping method is to set a spring fork or choker-loop trap, which is activated when the mole presses. In the case of the spring trap, a part of the tunnel that is slightly larger than the base of the trap and set the trap on it. Follow the manufacturer's instructions to sharpen the trap, then cover with a 5-gallon bucket to keep children and pets away. Remove and the mole after it has been activated or try another tunnel if it is not triggered after a few days. Whether you set a live or spring trap, the first step in mole trapping is to find active tunnels. Go to the tunnels you see in one or two places to fold them, then check those spots the next day. If the tunnel has been dug again, it's active and a good place to set traps. Now you know how to get rid of moles, but what about voles? Here's how to get rid of the voles before they destroy your lawn. Necessary tools for this Mole Trapping ProjectReal will need a deep bucket or a spring or choke trap. As a budget planner, you can breeze through bill payments without breaking sweat and in control of your finances knew where the money was going and how much you had to cover your expenses. Budget Budget You become more aware of your income and spending, so make sure you're spending in a way that supports your financial goals rather than wondering where your money went at the end of the month. If you've never planned before - or haven't done it in a while - follow this guide. Key steps for creating a budget: Identify and calculate fixed costs. Keep track of spending on variable expenses. Build your savings. You're going to have to pay off the debt. First, learn the details of how to make a monthly budget that fits into your net income, and then use this budget worksheet to start tracking your money. Fixed costs When planning a budget, there are two cost categories: fixed and variable. Fixed costs do not change from month to month and are not negotiated. This category includes absolute needs, such as housing, health insurance and transport, and often account for the largest part of the budget. Don't miss: Tricks that fear out your budget house The most important part of your monthly budget is the money you spend on housing. Regardless of rent or mortgage, housing is likely to be the biggest monthly cost. Research by the Bureau of Labor Statistics found that Americans spend an average of \$17,000 to \$18,000 a year on housing, which works out to be between \$1,417 and \$1,500 a month. If you own a home, you should also include the cost of property tax when it comes to budgeting for housing costs. Health insurance Stay healthy is not free, so you must include the health care costs of the budget planner. Health care costs include your health insurance premiums if you don't cover your work - or if you topping up your coverage using private market insurance - as well as the cost of health care you don't cover for insurance and the money you spend on co-pays and deductibles. How much you spend on health care depends on your age, whether you're taking prescription drugs and how much insurance premiums cost. On average, these ages are 65-74 to spend the most - \$5,956 a year, or more than \$496 a month, according to the BLS. People between the age of 55 and 64 are not far away, spending an average of \$4,958 a year, which is about \$413 a month. Learn how to manage your money: The first thing you need to do with any paycheck delivery is if you're not among the lucky few who ride bikes or walk everywhere you need to go, your budget for transport is nearly as important as your budget for housing. Depending on your residential situation, your transportation costs may include a monthly subway pass, car payment, fuel or vehicle leasing costs. When planning your shipping budget, keep in mind that some of the categories such as car payments, while others are different, such as gas. Overall, transportation costs Americans an average of about \$9,000 to 9,000 It's the equivalent of \$750 a month. Related: Choose the right bank account for your variable costs Unlike fixed costs, the variable components of your budget vary from month to month depending on your lifestyle. Some variable costs are absolutely necessary, such as food costs, while others count discretionary spending as entertainment. Creating a budget will keep you from overspending on discretionary costs, so you have enough money for your needs. Food and food don't have a spending tracker full category without the food costs. Food accounting is a key part of the budget process and should include takeaway and restaurant visits. Do not forget about the cost of food that slips by you - like the latte paid in cash; a significant amount of expenditure in one year. Gen Xers and early baby boomers spend the most on food on average, according to the BLS - probably because they are larger in family size than millennials. People between the age of 35 and 54 spend more than \$8,000 a year on food, an average of \$667 a month. Learn: Insider Grocery Shopping Hacks This will save you money with Utilities Although some utilities – like your phone, internet and cable account – fixed many shifts month after month depending on the season. Gas and electrical bills, for example, fluctuate as you crank the air conditioning in the summer or heating in winter. Other utility costs to consider are water and trash services. The BLS reported that utilities cost Americans an average of nearly \$4,000 a year or \$333 a month. Entertainment and other extras Living on your budget doesn't mean you can't enjoy yourself, so you can include entertainment costs in your budget template to maintain balanced spending habits. The average U.S. entertainment spends about \$2,700 each year, which works out to \$225 a month. Discretionary costs can include movies, amusement parks, concerts or other activities to spend money purely for enjoyment. Other costs that are likely to work your way into your budget include personal care costs such as hair care and clothing. On average, clothing and personal care supplies cost \$2,430 a year, just north of \$200 a month. While you may not spend the same amount each month, putting aside your personal care allowance ensures that you will have the funds you need if you don't go to make a purchase. You also need to make room for your budget fitness, even if it's a discounted gym membership because staying healthy can save you money over time. Building savings and eliminating debt is one of the biggest benefits of money management for getting general financial health because it plans on to align the financial objectives. With this saving in the future to be financially secure is key to any budget. As for retirement, start setting goals and savings as soon as possible. Online investment company Fidelity, for example, advises that there is 10 times the annual income saved by the time it reaches retirement age - however, more than half of Americans retire broke. The easiest way to make money away is to contribute to a 401k or individual pension account. In your monthly budget, deduct this money from your monthly income immediately, so don't think twice about spending that cash instead. Consider automating savings as part of your plan to build better money habit. Finally, you need to budget for debt reduction and possible debt elimination. The vast majority of Americans mortgage, student loans, credit card debt or all three are mortgaged. Just like you do with retirement savings, set aside a percentage of your income as soon as you receive your salary to put you toward eliminating the debt you might have. The same strategy could help create an emergency fund along with retirement savings that will act as a safety net if you encounter illness, job loss or any other financial crisis. Next: More easy-to-use budget templates templates