



CHICKEN CREOLE

Servings: 8

Ingredients

- 2 pounds chicken breast, cut into 1-inch cubes
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 tablespoon lemon juice
- 1 teaspoon dried basil
- 2 teaspoons Spanish paprika
- 1 teaspoon dried marjoram
- 2 tablespoons canola oil
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 cup green bell pepper, chopped
- 2 ounces tomato paste
- 2 teaspoons garlic, chopped
- 1 cup chicken stock, low sodium
- 16 ounces canned diced tomatoes, low sodium
- 1 bay leaf

Directions

In a mixing bowl, place the chicken cubes, salt, black pepper, lemon juice, dried basil, paprika and dried marjoram in a mixing bowl. Toss to combine. Cover and marinate in the refrigerator for 24 hours.

Heat a skillet over high heat. Add the canola oil and the chicken cubes.

Brown the chicken on all sides and then add the onion, celery and green bell pepper. Cook for 5 minutes, and then add the tomato paste and garlic. Stir to combine.

Add the chicken stock, diced tomatoes and bay leaf. Stir to prevent sticking. Bring to a simmer; let cook for 30 minutes. Remove the skillet from the heat; keep hot until ready to serve.

Serve with roasted spaghetti squash and wilted spinach.

Side dishes

Grits
Sautéed Kale