



Creole Chicken

Prep Time 20 mins
Total Time 1 hr 10 mins
Meal Type Lunch,Dinner
Contributed By

LivingPlateRx

Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 1 lb chicken breast, *cut into 1 inch pieces*
- 1/4 cups olive oil
- 1 onion, *chopped*
- 1 bell pepper, green, *chopped*
- 1 cups celery, *chopped*
- 14 1/2 oz tomatoes, diced, canned, *undrained petite diced*
- 1 cups chicken broth
- 6 oz tomato paste
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp basil, dried
- 1/2 tsp oregano, dried
- 1/2 tsp thyme, dried
- 1/2 tsp garlic, *minced or pressed*
- 1 lb chicken thighs, *boneless, cut into 1 inch pieces*

Directions

Prep

1. Prep all ingredients as instructed.

Make

1. Sauté chicken pieces in the oil until no longer pink. Remove and keep warm. In the same skillet, sauté the onion, green pepper, and celery in the remaining oil until tender. Stir in the tomatoes, broth, tomato paste, and seasonings.
2. Bring to a boil, reduce heat; cover and simmer for 5 minutes. Return chicken to the pan; heat through.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 493
per serving

Amount/serving	% Daily Value*
Total Fat 22.2g	34%
Saturated Fat 4.0g	20%
<i>Trans</i> Fat 0.0g	
Cholesterol 90mg	30%
Sodium 730mg	31%

Amount/serving	% Daily Value*
Total Carbohydrates 22g	7%
Dietary Fiber 5g	19%
Total Sugars 13g	
Protein 59g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 75mg 7% · Iron 2mg 13% · Potassium 941mg 20%

- Show all nutrients -