

# Chicken Vegetable Creole

Serve with brown rice and a salad for a complete meal. To add spice to this dish, try sausage instead of chicken.

Makes: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Source: Soulful Recipes (ca.gov)

## Ingredients

- 1 pound boneless, skinless chicken breasts, cut into large chunks
- 1 large onion, chopped
- 1 (14 1/2 - ounce) can diced tomatoes
- 1/3 cup tomato paste
- 2 stalks celery, chopped
- 1 1/2 teaspoons garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon ground black pepper
- 1 1/2 cups broccoli florets

## Directions

1. Cut chicken breast into large chunks. On a clean surface and cutting board chop onion and celery.
2. Spray a large skillet with nonstick cooking spray and heat over medium heat.
3. Add chicken and onion; cook, stirring frequently, for 10 minutes.
4. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
5. Stir in broccoli, cook for 5 minutes more. Serve while hot.
6. Refrigerate any leftovers within 2 hours.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	143
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	46 mg
Sodium:	460 mg
Total Carbohydrates:	11 g
Dietary Fiber:	3 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	19 g

### Utensils Needed

- Large skillet
- Sharp knife
- Cutting board
- Measuring cups and spoons
- Stirring spoon

# SHOPPING LIST

Average total cost without oil and seasonings: \$10.51

Average cost/serving: \$1.75

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Chicken Breast



Add 1 to Cart  
Celery



Add 1 to Cart  
Onion, white



Add 1 to Cart  
Broccoli Florets



Add 1 to Cart  
Diced Tomatoes, 14.5 ounce



Add 1 to Cart  
Tomato Paste

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Celery can be used in a variety of dishes, such as soups, stews, and broths. It also makes a fresh and crispy addition to chicken, tuna, or egg salad!