

## 20-Minute Chicken Creole

**Cook time:** 20 minutes

**Makes:** 8 servings

**Total Cost:** \$6.47

**Serving Cost:** \$0.81

### Ingredients

- 1 tablespoon vegetable oil
- 2 units chicken breast (whole, skinless, boneless)
- 1 can diced tomatoes (14 1/2 oz., with juice)
- 1 cup chili sauce (low sodium)
- 1 unit green pepper (chopped, large)
- 2 units celery stalk (chopped)
- 1 unit onion (chopped, small)
- 2 units garlic clove (minced)
- 1 teaspoon dried basil
- 1 teaspoon parsley (dried)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

### Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered for 10-15 minutes. Serve over hot, cooked rice or whole wheat pasta. Refrigerate leftovers within 2-3 hours.

### Nutrition Information

for 1 cup (170g)

#### Key Nutrients Amount

##### % Daily Value

Total Calories 130

Total Fat 3g 5%

Protein 9g

Carbohydrates 19g 6%

Dietary Fiber 2g 8%

Saturated Fat 0g 0%

Sodium 230 mg 10%

#### Nutrients Amount

##### % Daily Value

Total Calories 130

Protein 9g

Carbohydrates 19g 6%

Dietary Fiber 2g 8%

Total Sugars 7g

Total Fat 3g 5%

Saturated Fat 0g 0%

#### Minerals

Calcium 4%

Sodium 230 mg 10%

Iron 6%

#### Vitamins

Vitamin A 10%

Vitamin C 45%



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