



Spicy Chicken Creole

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon olive oil
1 pound (16 ounces) boneless skinless chicken breasts, cut into thin strips
1 large bell pepper, chopped (about 1½ cups)
6 stalks celery, chopped (about 1½ cups)
1 medium onion, chopped (about 1 cup)
1 teaspoon chili powder
¼ teaspoon allspice
¼ teaspoon garlic powder
¼ teaspoon crushed red pepper flakes
1 (15-ounce) can no-salt-added crushed tomatoes
1 (4-ounce) can no-salt-added tomato paste
1 tablespoon brown sugar
2 tablespoons white vinegar
4 tablespoons (¼ cup) chopped fresh basil, divided
4 tablespoons (¼ cup) chopped fresh parsley, divided

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and cook for 3-5 minutes, stirring often.
4. Reduce the heat to medium.
5. Add the bell pepper, celery, and onion. Cook until softened, stirring often, about 4-6 minutes.
6. Add the chili powder, allspice, garlic powder, and red pepper flakes. Cook until fragrant, about 1-2 minutes.
7. Add the crushed tomatoes with their juice, tomato paste, brown sugar, and vinegar.
8. Bring to a boil over high heat, then reduce heat to maintain a simmer.
9. Cover the pan with a lid and cook for 10-15 minutes.
10. Serve warm, topping each portion with 1 tablespoon of the basil and 1 tablespoon of the parsley.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 7 g | Saturated Fat: 0.5 g
Sodium: 350 mg | Total Carbohydrate: 26 g | Dietary Fiber: 7 g | Protein: 30 g**

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