

Creole Chicken

Ingredients:

- 4 to 6 chicken breasts I use the frozen boneless, skinless ones cut into inch size pieces
- oil
- Salt and pepper
- 1 medium onion chopped
- 1 green pepper chopped
- 1 cup celery chopped
- 2 tsp minced garlic
- 1/2 teaspoon salt
- 3-4 teaspoons creole seasoning
- 1 teaspoon of umami seasoning (or msg)
- 1 14.5 ounce can petite diced tomatoes and chilies (rotel), undrained
- 1 cup chicken broth
- 1 6 ounce can tomato paste
- 2 cups cooked rice

Directions:

1. Salt and pepper your chicken.
2. Add a couple tablespoons of oil to a large skillet and saute your chicken until cooked through. Remove from the skillet, cover and keep warm.
3. In the same skillet, add the onion, green peppers, and celery and cook until tender, about 5 minutes.
4. TO the skillet, add in the seasonings, tomato paste, tomatoes, and chicken broth. Cook for 5 minutes.
5. Add chicken back to your skillet and cook until chicken is warmed through again.
6. Serve over rice.