

## NUTRITION PER SERVING:

<b>CALORIES</b>	247
<b>PROTEIN</b>	29 G
<b>CARBOHYDRATE</b>	10 G
<b>TOTAL FAT</b>	8 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	12 MINUTES

<b>YIELD:</b>	6 SERVINGS
<b>SERVING SIZE:</b>	1/6TH BOWL
<b>SERVINGS:</b>	6

## INGREDIENTS:

<b>1 TBSP</b>	OLIVE OIL
<b>1</b>	GREEN BELL PEPPER, CHOPPED
<b>1</b>	YELLOW ONION, CHOPPED
<b>1½ LBS</b>	SKINLESS, BONELESS CHICKEN THIGHS, CUT INTO 1-INCH PIECES
<b>½ TSP</b>	SEA SALT
<b>¼ TSP</b>	BLACK PEPPER
<b>3</b>	SLICES NITRATE-FREE BACON, CHOPPED
<b>1 TBSP</b>	MINCED GARLIC
<b>½ C</b>	WHITE WINE
<b>1 CAN (15OZ)</b>	DICED TOMATOES
<b>1/3 CUP</b>	WATER
<b>1 TSP</b>	DRIED OREGANO
<b>1 TSP</b>	GROUND CUMIN
<b>1 TSP</b>	DRIED THYME
<b>2 TSP</b>	HOT SAUCE
<b>½ LB</b>	FRESH GREEN BEANS, TRIMMED AND CUT INTO 1-INCH PIECES



## CREOLE DINNER

- 01 Place a large skillet over medium-high heat. Add the olive oil, bell pepper and onion. Cook, stirring often, for 5 minutes or until tender. Transfer to a bowl.
- 02 Add the chicken to the skillet and generously season with salt and pepper. Cook, stirring occasionally, until browned. Add the bacon and garlic and cook for 5 minutes.
- 03 Add the wine and cook for 2 minutes. Stir in the tomatoes, water, bell pepper mixture, oregano, cumin, thyme and hot sauce. Bring to a boil.
- 04 Add the green beans, reduce the heat to low and simmer, covered, for 15 minutes. Enjoy!

