

Chicken Creole

Ingredients:

3 lb. broiler-fryer chicken
1 can (8 oz.) stewed tomatoes
1 can (8 oz.) tomato sauce
2 med. onions, chopped
1 med. green pepper, chopped
1 clove garlic, finely chopped
1 tsp. salt
1/2 tsp. ground thyme
1/2 tsp. red pepper sauce
1/4 tsp. ground red pepper
1 pkg. (10 oz. frozen whole okra)
3 1/2 c. hot cooked rice

Preparation:

Cut chicken into pieces; cut each breast half into halves.
Mix all ingredients except okra and rice in 3 quart microwavable casserole.
Cover and microwave on high (100%) 20 minutes.
Stir in okra, cover and microwave until chicken is done and okra is tender,
10 to 15 minutes.
Serve over rice in bowls.

8 servings