

Creole Chicken and Okra

- 1 pound boneless chicken
- 1-2 tablespoon creole seasoning
- 2- 4 tablespoons canola oil
- ½ medium onion, chopped
- 2 teaspoons garlic, minced
- ½-1 small Jalapeno peppers, finely diced
- 1 bay leaf
- 1 tablespoon fresh thyme
- 1 teaspoon smoked paprika
- 2 large tomatoes, chopped
- ½ teaspoon cayenne pepper
- 1 12-ounce can corn rinsed and drained
- 1 medium bell pepper, chopped
- 2 cups fresh or frozen sliced okra
- 2 tablespoons sliced green onions
- 2 cups or more chicken broth or water
- Salt to taste
- Minced fresh parsley for garnishing

Cut chicken into bite size pieces and then season with creole spices or salt. Heat a large saucepan with about one tablespoon of oil. Add chicken and sauté for about 5 minutes or more. Remove and set aside on a plate.

Add onions, garlic, jalapeno, bay leaf, thyme, and paprika. Add 2 tablespoons oil or as needed, then sauté for about 2 -3 minutes. Add tomatoes, cayenne, corn, bell pepper, cayenne pepper, and the chicken. Cook for about 5 minutes.

Stir in okra, green onions, broth, and salt and cook for about 5 minutes or more, stirring occasionally. Cook until vegetables reach desired texture - the longer you cook the less crunchy the veggies will be. Adjust broth and seasonings to taste. Garnish with parsley and serve with rice and corn bread.