

Chicken Vegetable Creole

30 Minutes | Makes: 6 servings

Ingredients

- Nonstick cooking spray
- 1 pound chicken breasts boneless, skinless, cut into large chunks
- 1 onion large, chopped
- 14½ ounces tomatoes canned, diced
- ⅓ cup tomato paste
- 2 celery chopped
- 1½ teaspoons garlic powder
- 1teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- ⅛ teaspoon black pepper, ground
- 1½ cups broccoli, chopped



Directions

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Add chicken and onion; cook, stirring frequently, for 10 minutes.
3. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
4. Stir in broccoli, cook for 5 minutes more. Serve while hot.

