

Creole Chicken Okra



Creole Chicken Okra is hearty, healthy, and filling dish with tons of vegetables and spices, and it all comes together quickly. **A great weeknight meal and perfect soul food.**

Course	Main
Cuisine	American
Prep Time	10 minutes
Cook Time	30 minutes
Total Time	40 minutes
Servings	5
Calories	236kcal
Author	Imma

Ingredients

The Chicken

- 1 pound (453 g) boneless chicken
- 1-2 tablespoons (12-24 g) Creole seasoning
- 2- 4 tablespoons (28-56 ml) canola oil

The Creole

- ½ medium onion, chopped
- 2 teaspoons (10 g) garlic, minced
- ½-1 small jalapeno peppers, finely diced
- 1 bay leaf
- 1 tablespoon (2 g) thyme, fresh
- 1 teaspoon (2 g) smoked paprika
- 2 large tomatoes, chopped
- ½ teaspoon (1 g) cayenne pepper
- 1 can or (12 oz) corn, rinsed and drained
- ½ medium bell pepper, chopped
- 2 cup or (16 oz) okra, fresh or frozen, sliced
- 2 tablespoons (12 g) green onion, sliced
- 2 cups or more (500 ml) chicken broth or water
- salt to taste

To Garnish

- parsley, fresh and minced

Instructions

The Chicken

1. Cut chicken into bite-size pieces, and then season with creole spices or salt.
2. Heat a saucepan with about 1 tablespoon of oil. Add chicken and sauté for about 5 minutes or more. Remove and set aside on a plate.

The Creole

1. Throw in onions, garlic, jalapeño, bay leaf, thyme, and paprika. Add 2 tablespoons of oil or as needed, then sauté for about 2-3 minutes.

2. Then add the tomatoes, cayenne, corn, bell pepper, and sauteed chicken, and cook for about 5 minutes.
3. Stir in okra and green onions. Add broth and salt and cook for about 5 minutes or more. Stirring occasionally, depending on how you like the texture of your vegetables, the longer you cook, the less crunchy the veggie will be. Adjust broth and seasonings to taste.
4. Serve with rice and garnish with chopped parsley.

Notes

- If you prefer less slime, you can parboil the okra, then rinse with cold water to get it out. If using frozen okra, you can add a bit of filé powder to help out.
- You can use a scotch bonnet instead of jalapeños, and add some celery too.
- Leftover turkey breast, Creole or andouille sausage, and shrimp are delicious additions.
- Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.

Nutrition

Serving: 1 1/4 cup | Calories: 236kcal | Carbohydrates: 7g | Protein: 20g | Fat: 13g | Saturated Fat: 1g | Cholesterol: 58mg | Sodium: 120mg | Potassium: 572mg | Fiber: 2g | Sugar: 2g | Vitamin A: 1280IU | Vitamin C: 34.4mg | Calcium: 53mg | Iron: 1mg