



## Spicy Chicken Creole

Serves: 16 Level: Intermediate Total Time: 3 hours

**Low Sodium & Low Fat Recipe!**

### Ingredients:

24 oz. Fit Foodz Sweet Italian Sausage, cooked and sliced  
24 oz. Fit Foodz Grilled Breast Chicken Strips, cooked and chopped  
½ Cup Low-Fat Margarine  
1 Large Onion, diced (Yellow or White)  
1 Large Green Bell Pepper, washed and chopped  
4 Stalks Celery, washed and chopped  
4 Cloves of Garlic, minced (**OR** ½ tsp. garlic powder)  
6 oz. No Salt Added Tomato Paste  
3 Bay Leaves  
4 tsp. Low-Sodium Worcestershire Sauce  
3 TBSP. No Salt Added Cajun Seasoning  
8 Cups Peeled Tomatoes (**OR** 56 oz. canned peeled whole tomatoes)  
4 Cups Water  
3 Cups Low Sodium Chicken Broth  
4 Cups Uncooked Brown Rice  
Aluminum Foil, to cover baking pan

### OPTIONAL:

3 Cups Fully-Cooked, Frozen Shrimp  
3 Cups Cooked Ham, Chopped

**Nutritionals for this recipe do not include ham or shrimp.**

### Directions:

Preheat oven to 350° F.

In a large pot, melt the margarine. Gently sauté the onion, green pepper, celery and garlic. If using garlic powder instead of minced cloves, do not add until vegetables are tender.

Add the tomato paste and cook, stirring frequently to brown. Do not let mixture burn.

Add bay leaf, Cajun seasoning, and Worcestershire sauce and mix until combined.

Place contents of pot into a very large roasting pan.

Chop the tomatoes (If using canned, crush tomatoes, adding canned liquid to pan) and add to roasting pan, stirring well.

Pour in water, chicken broth, sausage, and chicken breast meat. If using ham and shrimp, add now.

Add rice.

Mix everything well, until meats are well coated with liquid and rice is evenly dispersed.

Cover very tightly with aluminum foil to retain moisture.

Bake in oven for 90 minutes, stirring well at the 45 minute mark. After stirring, replace foil.

Remove bay leaves before serving. Serve warm.

Alternately, instead of water, chicken broth can be used.

Rice can be cooked separately, and chicken creole served otop.

Top with finely sliced green onion.

Extra Cajun seasoning can be used to dust the top of each serving, adding an extra kick.



Nutritionals using Fit Foodz healthy, lower sodium Sweet Italian Sausage and Grilled Chicken Breast Strips (Product# 70107 and 60105)  
Calories per serving 323  
Total fat: 9g  
Saturated Fat: 2g  
Sodium: 243mg  
Protein: 17g

### ALL NATURAL PROTEIN PRODUCTS

•Hormone Free •Gluten Free •No Fillers or Extenders  
•Zero Trans Fats •No Additives •No MSG •No Skin

Fit Foodz is a small, woman-owned company that is truly committed to delivering healthy yet savory products. As the leader of the lower sodium movement, in 2007 Fit Foodz products set a new standard for healthy products. Visit us on the web at: [www.fitfoodz.com](http://www.fitfoodz.com)