

CHICKEN CREOLE ON RICE

Vegetable oil spray to grease foil pan.

12 chicken thighs uncooked

2 stalks celery

1 carrot

3 onions

2 cups uncooked rice

2 garlic cloves

1 large green pepper

2 Tbsp parsley

2 Tbsp olive oil or vegetable oil

1 - 28 oz can crushed tomatoes

1 bayleaf

1 - 4 oz can chopped pimentos

1/2 tsp cayenne pepper

1 cup frozen peas

1 tsp salt

1 tsp ginger

Label and grease foil pan.

In water to barely cover, simmer until tender but not falling off the bones: chicken thighs, 1 stalk celery (sliced), carrot (sliced), 1 onion (diced). Measure 1 cup chicken cooking liquid and save for later.

While chicken simmers, cook rice using package directions (omitting salt). It should yield 4 cups cooked rice. Spoon rice into casserole pan.

Make creole sauce by coarsely chopping garlic cloves, 1 stalk celery, 2 onions, & green pepper. Add to medium saucepan with parsley. Stir fry briefly, using vegetable oil.

Add to stir fried mixture crushed tomatoes, frozen peas, bay leaf, salt, pimentos, ginger, cayenne pepper and 1 cup cooking liquid from the chicken thighs. Simmer Creole sauce for about 10 minutes, stirring frequently. Arrange chicken thighs on rice. Pour Creole sauce over all. Cool, cover and freeze.