

Creole Okra

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-okra-corn-tomatoes-recipe>

Ingredients:

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

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 65 milligrams
4. Fat: 23 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 4 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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