BODYELITEFIT

CREOLE DINNER

NUTRITION PER SERVING:

CALORIES	247
PROTEIN	29 G
CARBOHYDRATE	10 G
TOTAL FAT	8 G

PREP TIME:	10 MINUTES
COOK TIME:	12 MINUTES

YIELD:	6 SERVINGS
SERVING SIZE:	1/6TH BOWL
SERVINGS:	6

INGREDIENTS:

1 TBSP	OLIVE OIL
1	GREEN BELL PEPPER, CHOPPED
1	YELLOW ONION, CHOPPED
1½ LBS	SKINLESS, BONELESS CHICKEN THIGHS, CUT INTO 1-INCH PIECES
½ TSP	SEA SALT
¼ TSP	BLACK PEPPER
3	SLICES NITRATE-FREE BACON, CHOPPED
1 TBSP	MINCED GARLIC
½ C	WHITE WINE
1 CAN (15OZ)	DICED TOMATOES
1/3 CUP	WATER
1 TSP	DRIED OREGANO
1 TSP	GROUND CUMIN
1 TSP	DRIED THYME
2 TSP	HOT SAUCE
½ LB	FRESH GREEN BEANS, TRIMMED AND CUT INTO 1-INCH PIECES

01 Place a large skillet over medium-high heat. Add the olive oil, bell pepper and onion. Cook, stirring often, for 5 minutes or until tender. Transfer to a bowl.

02 Add the chicken to the skillet and generously season with salt and pepper. Cook, stirring occasionally, until browned. Add the bacon and garlic and cook for 5 minutes.

03 Add the wine and cook for 2 minutes. Stir in the tomatoes, water, bell pepper mixture, oregano, cumin, thyme and hot sauce. Bring to a boil.

04 Add the green beans, reduce the heat to low and simmer, covered, for 15 minutes. Enjoy!

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