
Chicken Creole

Ingredients

10 - 12 chicken legs **or** thighs
¼ C flour
¼ C butter
1 C chopped onions
1 C chopped celery
1 C chopped bell pepper
2 cloves garlic, minced
1 can (6-ounces) tomato paste
1 can (16-ounces) stewed tomatoes
1 can (8-ounces) tomato sauce
1 C water
3 bay leaves
1 T sugar
1 T Worcestershire sauce
1 T lemon juice
½ C chopped parsley
Salt to taste
Lemon pepper **and/or**
Cayenne to taste **and/or**
Tabasco to taste

Procedure

In a large cast iron skillet make a dark roux with equal amounts of flour and oil or butter. Add water very slowly after desired color is achieved. Add vegetables and sauté until soft. Add tomato paste and mix well with vegetables, cooking until it almost turns color. Add all other except chicken and parsley. Simmer slowly for 1 hour, covered, stirring occasionally. Add chicken and parsley and cook until done. Serve over cooked white rice. Tastes even better on the next day. **Note:** Try using shrimp instead of chicken.

