



Lifestyle Wellness Academy

NUTRITION PER SERVING:

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

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | 12 MINUTES |

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

INGREDIENTS:

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| 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 |



CREOLE DINNER

- 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!

