



## Chicken Etouffee

### Ingredients (Serves 4-6. Prep time: 45 minutes.)

- |   |                              |
|---|------------------------------|
| 1 yellow onion, diced   | ½ cup all-purpose flour      |
| 1 bell pepper, diced  | 2 cups chicken stock         |
| 3 celery stalks, diced  | 2 tablespoons tomato paste   |
| 3 garlic cloves, minced   | ¼ teaspoon cayenne pepper    |
| 1 pound chicken breast<br>(boneless, skinless), cut into<br>bite-sized pieces | ½ teaspoon smoked paprika    |
| 4 tablespoons butter  | 1 ½ teaspoons mustard powder |
| 4 tablespoons canola oil  | Salt and pepper to taste     |
|   | Hot sauce to taste           |

### Preparation

In a large stockpot, heat 2 tablespoons of the vegetable oil over medium-high heat. Brown the chicken pieces evenly on all sides (about 10 minutes), then remove from the pot and set aside. To the same pot, add the onions, peppers, celery, and garlic and sauté for about 5 minutes. Add the remaining oil and butter and let melt, then slowly stir in the flour to make a roux. Continue stirring for about 10 minutes until the roux starts to brown. Add the spices, tomato paste, chicken stock, and browned chicken. Stir well and season with salt, pepper, and hot sauce. Continue cooking for another 10 to 15 minutes until the etouffee is thickened.

Vegetarian? Substitute veggie broth for chicken stock and add baked tofu or seitan instead of chicken once the vegetables are cooked and sauce is thickened. Do not overcook the tofu/seitan!

## Chicken Etouffee

### Ingredient checklist

#### PRODUCE

- 1 yellow onion
- 1 bell pepper
- 3 stalks celery
- 1 head garlic

#### GROCERY

- Canola oil
- Chicken or veggie stock
- Tomato paste
- Flour
- Hot sauce (optional)

#### REFRIGERATED/FROZEN

- Butter

#### MEAT/SEAFOOD

- 1 pound boneless, skinless chicken breast

#### SPICES/SEASONINGS

- Cayenne pepper
- Smoked paprika
- Mustard powder
- Sea salt
- Black pepper

### Serving suggestion

Serve in a shallow bowl or plate with a scoop of hot white or dirty rice and a sprinkling of chopped fresh herbs. Spicy jalapeno cornbread, hush puppies, or buttermilk biscuits are perfect for sopping up every last bit of this rich sauce.

### Nutritional information per serving

404 calories	14 g. carbohydrate
20 g. fat	2 g. fiber
126 mg. cholesterol	42 g. protein
518 mg. sodium	

*The nutritional values and information provided are approximations.*