

MAINDISHES

Italian Sausage Soup (Sharon Steinmeyer)

1 lb. Italian sausage, cut in 1 inch pieces	
2 medium onions, chopped	3 stalks celery, sliced
3 cloves garlic, minced	1 green pepper, chopped
1 (16 oz.) can Italian tomatoes	3 potatoes, cubed
6 cups beef broth	1 cup macaroni, uncooked
1 cup dry red wine	salt and pepper to taste
2 tsp. basil	Parmesan cheese
1/2 tsp. thyme	

In a large pot, brown sausage; drain fat. Add onions and garlic and cook until onions are limp. Stir in tomatoes, breaking them up with a spoon. Add broth, wine, basil and thyme.

Simmer uncovered for about 30 minutes. Add remaining ingredients, except Parmesan, and simmer another 25 minutes, or until potatoes are tender. Sprinkle each serving with Parmesan cheese, and serve. Makes 8 servings.

Cheddar Cheese Soup (Sharon Steinmeyer)

1 large onion, sliced	1 cup chopped celery
1/4 cup butter	1/4 cup flour
3/4 tsp. dry mustard	2 tsp. Worcestershire sauce
2 cups chicken broth	2 carrots, chopped
2 large potatoes, peeled, diced	3 cups milk
3 cups shredded cheddar cheese 1	1/4 tsp. pepper
salt to taste	
ham, cooked bacon or kielbasa, optional	

Saute onion and celery in margarine until soft, about 3 minutes. Stir in flour, mustard and Worcestershire sauce. Cook, stirring, until bubbly. Stir in chicken broth, carrots, potatoes and meat (optional). Bring to boiling. Cover and simmer 25 minutes, until potatoes are tender, stirring occasionally. Add milk and heat over medium until almost boiling. Do not let boil. Reduce heat to low. Stir in cheese until melted. Season with salt and pepper.

Note: When I make this soup with bacon, I cook the bacon first, pour off most of the fat and add the celery and onions to the bacon. I leave out the butter.

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Hearty Chicken and Rice Soup

10 cups chicken broth	1/2 tsp thyme
1 medium onion, chopped	1 bay leaf
1 cup sliced celery	1 1/2 cups cubed raw chicken
1 cup sliced carrots	2 cups cooked rice
1/4 cup parsley	2 Tbsp lime juice
1/2 cup cracked black pepper	lime slices for garnish

Combine broth, onion, celery, carrots, parsley, pepper, thyme, and bay leaf in Dutch oven. Bring to a boil over high heat. Stir once or twice. Reduce heat to low. Simmer, uncovered, 10 to 15 minutes. Add chicken; simmer, uncovered, 5 to 10 minutes or until chicken is cooked. Remove and discard bay leaf. Stir in rice and lime juice just before serving. Garnish with lime slices.

Albondigas 1

1 lb lean ground beef	1 can (14 oz) tomatoes, undrained
1/4 cup long grain rice, raw	1/4 cup chopped onion
1 egg	1 stalk celery, diced
1 Tbsp cilantro	1 large carrot, diced
1 tsp seasoned salt	1 medium potato, diced
1/4 cup ice water	1/4 tsp garlic powder
2 cans (14 oz each) chicken broth	

In medium bowl, combine ground beef, rice, egg, cilantro, seasoned salt and ice water; form into meatballs. In large saucepan, combine broth with vegetables and garlic powder. Bring to a boil; add meatballs. Reduce heat, cover and simmer 30 to 40 minutes, stirring occasionally. Serve with lemon or lime wedges and warm tortillas.

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Albondigas 2

(Williams Sonoma Cookbook)

1/2 lb lean ground beef	3 ½ cups chicken stock
2 eggs, lightly beaten	
1 can (14 oz) tomatoes, undrained	
1/4 small red onion, finely chopped	1 tsp sugar
1/2 cup crushed tortilla chips	1/2 tsp red pepper flakes
2 Tbsp finely chopped cilantro	1 carrot, coarsely chopped
1/2 tsp oregano	1 celery stalk, chopped
1/2 tsp salt	1/2 onion, chopped
1/4 tsp cumin	1 bay leaf
1/4 tsp freshly ground pepper	

In a mixing bowl, stir together the beef, eggs, onion, tortilla chips, cilantro, oregano, salt, cumin and pepper. Cover tightly and refrigerate for 1 hour.

Put the stock in a large saucepan. Add the tomatoes, crushing them slightly with a wooden spoon, along with the sugar, red pepper flakes, carrots, celery, onion and bay leaf. Bring to a boil and reduce the heat to a simmer.

Moistening your hands with cold water, form the beef mixture into balls 1-1 ½ inches in diameter and slip them carefully into the simmering stock. Cover and simmer gently until the meatballs are cooked through and the vegetables are tender, about 20 minutes.

Discard the bay leaf. Taste the stock and adjust the seasoning. Ladle into warmed bowls and serve. Serves 4 to 5.

Fried Rice (Alice Russell)

1 cup uncooked white rice	1 envelope dry onion soup
1 Tbsp. salad oil	2 1/2 cups water

Mix water and dry onion soup together. Heat oil. Fry rice, carefully stirring often. It will turn rather transparent. Add soup/water mixture. Cover. Turn heat to low. Cook about 1/2 to 3/4 hour, stirring occasionally, til rice is tender and moisture is absorbed.

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Aunt Margie's Sweet and Sour Chicken Wings(Mary Persons)

12 chicken wings
1 egg
1 tsp. water
1 tsp. oil
SAUCE:
1/4 cup chicken broth
1/4 cup catsup
1 Tbsp. soy sauce

corn starch
oil or shortening for frying
1 clove garlic(optional)
3/4 cup sugar
1/2 cup cider vinegar

Cut wings into three pieces. Cover wing tips with water (seasoned) and simmer to make chicken broth. Beat together the egg, water and oil. Dip wing pieces in egg mixture. Drain on rack, sprinkle with corn starch, both sides. Heat oil and garlic in electric skillet at 350. Add wings and brown. Place browned wings in large flat covered baking dish. Make sauce by combining remaining ingredients. Pour over chicken, cover and bake 40 minutes at 375°.

Barbecue Chicken Wings(Sharon Steinmeyer)

1/4 cup salad oil
3 medium onions, chopped
3 cups tomato sauce
3/4 cup vinegar
1/4 tsp dry mustard

1 1/2 cups brown sugar
4 Tbsp. chili powder
2 Tbsp. salt
3 Tbsp. Worcestershire sauce
chicken wings – about 2 ½ lbs.

Cook onions in oil until tender, about 5 minutes. Add all other ingredients except wings. Heat to boiling, stirring constantly. Reduce heat and simmer 30 minutes. uncovered. Stir occasionally.

Put chicken wings (frozen or thawed) in large shallow pan. I use my broiler pan, rack removed. Pour sauce over top. Bake in 400° oven, 1 hour for frozen wings, about 45 minutes for thawed wings.

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Cabbage Rolls(Mary E. Steinmeyer)

Put 1 head of cabbage in boiling water. Separate leaves as they wilt. Drain.

Filling:

1 lb. lean ground beef	1 1/2 cup cooked rice
1/2 lg. can tomato sauce	seasoning to taste (salt, pepper, garlic, onion, etc.)

Wrap cabbage leaves around filling. Put in large pan. Pour remaining tomato sauce over. Cover pan. Bake 2 to 2 1/2 hours at about 350°. Baste occasionally.

Chip Bake (Melba Repman)

2 cups crushed potato chips	1 can cream of mushroom soup
2 c. diced cooked turkey, chicken, beef or pork	
1/2 cup water	1 cup diced celery
1 cup grated cheddar cheese	3 chopped onions

Crush potato chips and set aside. Combine meat, celery and onions. Place half of mixture in casserole dish. Spoon half can of soup and 1/4 cup water over meat mixture. Sprinkle with half the cheese and 1 cup of the potato chips. Layer again in same order. Bake at 350°, 45 minutes.

Egg Strata(Sharon Steinmeyer)

9 slices white bread, cubed	6 eggs, beaten
2 cups shredded cheddar cheese	3 cups milk
1 lb. bulk sausage, browned	1/4 tsp. dry mustard

Layer first 3 ingredients in greased 9" by 13" pan in this order: Half the bread, all the cheese, all the sausage, other half of the bread. Mix together eggs, milk and mustard. Pour over top of casserole and refrigerate several hours or overnight. Bake 1 hour at 350°. If it starts getting too brown, cover for last 15 to 30 minutes. Let set 10 minutes before cutting.

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German Beef Stew (Sharon Steinmeyer)

1 1/2 lbs. stew meat	1/2 cup water
2 Tbsp. oil	1/3 cup red wine
1 large apple, peeled and shredded	1 clove garlic, minced
1 carrot, shredded	2 beef boullion cubes
1/2 onion, sliced	1 small bay leaf
1/8 tsp. thyme	

Brown stew meat in oil. Add rest of ingredients. Cover and cook over low heat 2 hours. Remove bay leaf. Add mixture of 4 tsp. cornstarch and 1/4 cup cold water, stirring constantly. Cook and stir until liquid is thick and bubbly. Add 1/4 tsp. Kitchen Bouquet, if desired. Serve over noodles, rice or potatoes.

Hot Chicken Salad (Mary E. Steinmeyer)

3 cups diced cooked chicken or turkey
1 1/2 cup diced celery
1 small can sliced water chestnuts
1 4 oz can sliced mushrooms, drained (optional)
2 Tbsp. grated onion
1 1/4 cup mayonnaise
1 tsp. seasoned salt
2 tsp. lemon juice
2 cups corn flakes, crushed to 1 cup
1 Tbsp. butter
1 cup shredded cheddar cheese

Combine chicken, celery, water chestnuts, mushrooms, onion, mayonnaise, salt and lemon juice. Spoon into shallow 1 1/2 quart casserole. Bake at 350° for 15 minutes. Sprinkle cheese over top. Combine corn flakes and butter; sprinkle over cheese. Return to oven and bake 15 minutes or until lightly browned.

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Lasagna(Sharon Steinmeyer)

Brown: 1 lb. sausage

Drain off fat.

Add:

1 clove minced garlic

1 1/2 tsp. salt

1 Tbsp parsley

2 cups tomatoes, canned or fresh

1 Tbsp. basil

12 oz. tomato paste

Simmer about 30 minutes, stirring occasionally. Meanwhile:

Cook 10 oz. lasagna noodles. Drain and rinse with cold water.

Combine:

3 cups cottage cheese or ricotta 1/2 tsp. pepper

2 beaten eggs

2 Tbsp. parsley

1 tsp. salt

1/2 cup parmesan cheese

Shred 1 pound mozzarella cheese.

Layer ingredients in 13" by 9" pan by halves: cottage cheese, noodles, mozzarella, meat. Bake at 375° for 30 minutes. Let set about 15 minutes before cutting.

Meatballs and Gravy (Alice Russell)

Make meatballs from:

1 lb. ground beef

salt and pepper to taste

1/2 tsp. onion flakes

1 egg, slightly beaten

Make meatballs about 3/4 inch in diameter. Brown lightly in heavy skillet. Add: 1 can cream of mushroom soup (or other cream soup) and 1/2 cup milk.

Cover and simmer about 1/2 hour on low heat. Serve over potatoes, rice, biscuits or toast.

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Mexican Fiesta (Barbie Davenport)

1 1/2 lbs. hamburger, browned	1 cup cooked rice
1 medium onion	1 clove garlic, minced
1 can tomato paste	1 can hot tomato sauce (Mexican)
3 Tbsp. sugar	3 cans water
1 tsp. accent (optional)	1 tsp. cumin

Mix above ingredients together and cook for about 1 hour or until thickened.

Chop: 1 avocado

2 tomatoes

1 onion

olives

Place tortilla chips on plate. Put meat on top of chips - then layer as you wish with chopped ingredients and grated cheese. top with taco sauce, thousand island dressing and sour cream if you want.

Pork Chops With Stuffing (Mary Persons)

1 lg. (14" x 20 ") oven cooking bag	1 6 oz pkg. stuffing mix for pork
1 Tbsp. flour	1 1/2 cups water
6 pork loin chops 1/2 inch thick	1/4 cup butter, melted
	1/4 cup raisins

Preheat oven to 350°. Shake flour in oven cooking bag; place in 13-by-9-by-2-inch baking pan. Place pork chops in single layer in bag; set aside. In a bowl, combine stuffing crumbs, vegetable/seasoning packet. water, butter and raisins until evenly moistened. Mound stuffing evenly over pork chops in bag. Close bag with nylon tie; cut 6 half inch slits in top. Bake until pork chops are not longer pink and stuffing is browned, 40 to 45 minutes.

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Polynesian Chicken (Erin Cason)

2 lb. chicken	2 green peppers, chopped
3 Tbsp. flour	1/2 cup crushed pineapple with juice
1/2 tsp. salt	1/2 cup catsup
pepper to taste	1/2 cup vinegar
1/4 cup oil	1/4 cup brown sugar

Rinse and dry chicken. Cut into serving size pieces. Put flour and seasonings in bag. Add chicken pieces(a few at a time) and shake well to coat. Fry chicken in fat, until light brown. Remove from pan; keep warm. In same pan, saute vegetables until lightly browned. Stir in pineapple, catsup, vinegar and brown sugar. Cover and simmer 10 minutes on low heat. Add chicken and simmer, covered, until chicken is tender - 30 to 40 minutes. Very good with fried (or plain) rice, any color.

Sausage Rice Casserole(Sharon Steinmeyer)

Brown 1 to 2 pounds sausage. Drain off fat. In 4 cups water, boil 1 package mix for chicken noodle soup (Lipton's or similar) for 10 minutes. Cut up 1 green pepper, 1 onion and 4 stalks of celery.

Mix sausage, soup, vegetables and 1 cup uncooked rice in a large casserole. Cover and bake for 1 hour at 325°.

Scalloped Potatoes and Pork Chops (Geneva Persons)

Cut off fat and brown pork chops(4 or more). Slice 4 or 5 potatoes rather thin into casserole. Sprinkle with salt, pepper and onion salt (or may use fresh onion). Pour one can of cream of chicken soup over the meat and potatoes. Add about 1/3 to 1/2 can milk. Bake in oven at 350° until potatoes are done (an hour or more).

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Obrero Shepherd's Pie

6 cups fresh mashed potatoes, well seasoned	2 Tbsp chopped parsley
2 cups chopped cooked beef	1 tsp black pepper
2 Tbsp oil	1 tsp poultry seasoning
1 large onion, chopped	1/2 tsp salt
2 cloves garlic, crushed	2 Tbsp melted butter
3 eggs	

Heavily butter 10 inch pie plate. Spoon 2 1/2 cups mashed potatoes into pie plate. Add meat over top. Set aside.

In hot oil, cook onion and garlic until tender. Mix onion mixture with eggs, parsley, pepper, poultry seasoning and salt; pour over meat. Cover with remaining mashed potatoes and brush with butter. Bake at 400° for 30 minutes, until top is lightly golden. Let stand 10 minutes before serving.

Shepherd's Pie(Sharon Steinmeyer)

1 pound ground beef	1 cup mushrooms, sliced
1 1/2 cups beef broth	1 cup celery, diced
1 tsp. black pepper	1 cup whole kernel corn
2 bay leaves	1 1/4 Tbsp. flour
2 whole cloves	1 pound potatoes, boiled
dash of thyme	1 Tbsp. margarine
1 cup carrots, sliced	1/2 cup milk
1 cup onions, diced	1 Tbsp chopped green onions
4 oz. mozzarella cheese, shredded	

In a skillet, brown beef and drain excess oil. Add 1 cup of the broth, pepper, bay leaves, cloves and thyme. Cover and simmer for 30 minutes.

Add carrots, onions, mushrooms, celery and corn. Simmer until vegetables are tender.

In a small bowl, gradually add remaining broth to flour, stirring constantly to form a smooth paste. Add to beef and vegetables. Simmer 5 minutes, until slightly thickened. Put into casserole dish or baking pan.

Mash potatoes with margarine, milk and onions. Top meat mixture with the mashed potatoes, sprinkle mozzarella cheese over all and bake at 375° for 10 minutes.

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Spaghetti With Sauce (Alice Russell)

Make sauce first, it takes longer. In large skillet, break up 1 lb. hamburger. Fry lightly. Drain off fat.

Add: 1 large chopped onion, 2 cans tomato soup + 1 can water, 2 cans cream of mushroom soup

Add salt, pepper, chopped celery, green pepper, garlic to taste. The soups will season it quite a bit.

Add 1/2 tsp. chili powder. Turn heat to low. Cover pan and simmer until onions are tender and mixture well blended. If it seems too dry, add water or tomato juice. It will be best simmered at least an hour. More time won't hurt. Stir frequently.

Cook about 1/2 package spaghetti in large kettle of boiling water, to which 2 tablespoons of salad oil and 1 teaspoon salt have been added. Boil about 11 minutes until barely tender. Drain. Toss with 1 cup grated cheddar cheese.

Serve sauce and spaghetti in separate bowls. Put added grated cheddar, parmesan or other cheese on table, along with hot seasonings for those who want them.

Sweet & Sour Meatballs

(adapted from Washougal LDS Church Cookbook)

1 1/2 lb. ground beef	2/3 cup bread crumbs
1/2 cup minced onion	1 egg
Salt to taste	1/4 cup milk

1/2 cup brown sugar
1/3 cup vinegar
2 Tbsp. cornstarch
1 Tbsp. soy sauce
1/2 cup chopped green pepper, optional
1 can pineapple tidbits or crushed pineapple

Mix beef, crumbs, onion, egg, salt and milk. Shape into balls. Place on cookie sheet and bake about 20 - 25 minutes at 350°. Mix cornstarch and sugar in saucepan. Stir in vinegar, soy sauce and syrup drained from pineapple until smooth. Cook, stirring constantly, until thick and bubbly. Add green pepper and boil for 1 minute. Stir in cooked meatballs and pineapple. Serve over rice.

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Zesty Meat Loaf (Mary Persons)

1 1/2 lbs. lean ground beef	1 egg
2 Tbsp. minced onion	3 Tbsp. catsup
1 1/2 Tbsp. chopped green pepper	2 1/2 tsp. prepared horseradish
1 1/3 cup soft bread crumbs	1/2 tsp. dry mustard
1/2 tsp. salt	1/2 cup milk

Mix all ingredients. Pack firmly in loaf pan. Bake at 350° for 1 1/2 hours.

Sweet 'n' Sour Chicken Wings (Great Grandma Cecile Steinmeyer)

Remove tips from wings and boil for broth. Mix:

1 Tbsp. garlic salt or powder	1/2 cup cornstarch
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Beat 1 egg. Dip chicken in egg, then roll in cornstarch mixture. Brown in hot oil. Place in 10" by 10" pan.

Make sauce:

1/4 cup broth	1 Tbsp. soy sauce
1/4 cup catsup	1 tsp. salt
3/4 cup sugar (or less)	1/2 tsp. accent (optional)
1/2 cup cider vinegar	

Pour sauce over wings. Bake 40 minutes in a 375° oven. Baste occasionally with sauce.

Easy Crockpot Chicken(Sharon Steinmeyer)

1 whole frying or roasting chicken	1/2 tsp. salt
1/4 cup chopped onion	1 tsp. dried parsley flakes
2 Tbsp. butter	1/4 tsp. thyme
2 -3 Tbsp. lemon juice	1/4 tsp. paprika

Rinse chicken and pat dry; remove any excess fat. Place onion in the cavity of the chicken and rub the skin with butter. Place chicken in crockpot. Sprinkle lemon juice and seasonings over chicken. Cover and cook on low setting 8 to 10 hours. Chicken is very tender, and will fall off the bone.

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Chicken & Rice (Paula Repman)

Marinade: 1 Tbsp red wine vinegar 1/4 tsp oregano
 2 cloves garlic, minced 1/8 tsp pepper

Combine marinade ingredients and brush over chicken pieces. Cover and refrigerate at least 1 hour. Brown chicken in oil. Set aside.

In same pan, combine:
1 can (14½ oz) tomatoes 1 cup chopped onion
1 cup chopped green pepper 2 tsp olive oil
Cook until onion is soft.

Add:
1½ cups water 1½ tsp chicken boullion granules
1 cup uncooked rice 2 tsp capers
1½ tsp coriander 1/2 tsp salt
1/4 tsp pepper

Arrange chicken pieces on top. Bring to a boil. Reduce heat to simmer, cover and cook until chicken is done (25 - 40 minutes, depending on size of pieces).

Chicken Enchiladas With Sour Cream

Spread 1 cup sour cream in 13" x 9" pan. Set aside.

Mix together and warm over low heat:
1/2 cup sour cream 1/3 cup onion flakes
3 ½ cups cooked chicken 1 tsp salt
8 oz can mushrooms, drained 1/2 tsp garlic powder
4 oz can green chilies 1/4 tsp pepper

Fry 12 corn tortillas in half inch of oil until soft. Spread each with about 1/4 cup of chicken mixture. Roll up and place in prepared pan. Spread 1 cup sour cream over enchiladas. Sprinkle with cheddar cheese. Bake at 450° about 8 minutes, until cheese melts.

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Pork Chile Verde

1 lb pork shoulder, trimmed of excess fat and cut into 1 inch cubes
1/2 cup chicken broth
3 cloves garlic, minced or pressed
14 oz can stewed tomatoes
1 can (7 oz) diced green chilies
1 medium onion, chopped
1 tsp fresh oregano, or 1 tsp dried
flour tortillas, warmed
lime wedges

In 5 to 6 qt pan over medium heat, combine pork, 1/2 cup of broth and garlic. Cover and cook 30 minutes. Remove lid; cook, stirring often, until liquid caramelizes and meat browns, about 20 minutes. Add remaining broth; scrape brown bits from bottom of pan.

Add tomatoes with juice, green chilies, onion and oregano. Cover and simmer gently, stirring occasionally, until meat pulls apart easily, about 90 minutes. Serve with warm flour tortillas, or over rice. Squeeze lime wedges over meat if desired.

Oven-Fried Fish

Mix together:

3/4 cup cornflake crumbs
1/4 cup parmesan cheese
1 tsp garlic powder
1 tsp marjoram
1 tsp paprika
2 tsp parsley flakes
1/2 tsp salt
1/2 tsp pepper

Melt 1/4 cup butter. Use 1 Tbsp to grease 10" x 15" pan.

Dip fish fillets (1 to 2 pounds total) into mixture of:

1 egg, beaten
2 Tbsp water

Coat each dipped fish fillet with cornflake crumb mixture. Arrange fish well apart in prepared pan. Drizzle with remaining margarine.

Bake on middle or upper rack at 500° for about 4 to 5 minutes. Turn fish and bake 4 to 5 minutes more.

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New England Maple Ribs

2 lbs spareribs	1 Tbsp vinegar
3/4 cup maple syrup	1 Tbsp Worcestershire sauce
1/4 cup chili sauce	1 tsp dry mustard
1/4 cup finely chopped onion	1 clove garlic, minced

Cut spareribs into serving size pieces. Put in very large saucepan with enough salted water to cover. Bring water just to a boil; cover and simmer for 30 to 45 minutes. Remove from heat and drain. Put ribs in flat baking pan.

Combine all the rest of the ingredients; pour or brush over ribs. Cover and refrigerate at least 4 hours, turning ribs or brushing ribs with marinade occasionally. Grill ribs, or bake at 350° for 25 minutes. 4 servings.

Rice Breakfast Cups

3 cups cooked rice	2 eggs, beaten
1 cup shredded Cheddar cheese, divided	1/2 tsp cumin
1 can (4 oz) diced green chilies	1/2 tsp salt
1 jar (2 oz) diced pimientos, drained	1/3 cup skim milk
1/2 tsp ground black pepper	

Combine rice, half of cheese, chilies, pimientos, milk, eggs, cumin, salt and pepper in large bowl. Divide mixture evenly into 12 muffin cups coated with nonstick cooking spray. Sprinkle with remaining half of cheese. Bake at 400° for 15 minutes or until set. 123 calories per cup.

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Chicken Creole

2 skinless, boneless chicken breasts, sliced	
1 green pepper	1 Tbsp oil
1 cup tomatoes, peeled and diced	1/2 cup onion, sliced thin
1/4 cup dry white wine	1 cups mushrooms, sliced thin
1 Tbsp lemon juice	1 Tbsp garlic, minced
1/4 tsp crushed hot red peppers	1/2 cup celery, chopped
1 1/2 tsp butter	1 1/2 tsp oregano
freshly ground black pepper	1 1/2 tsp basil
1 Tbsp chopped fresh parsley	

Cut chicken into bite-size pieces. Set aside. Heat oil in large skillet and saute' onion until translucent. Add mushrooms and cook over medium heat until liquid evaporates; then add garlic, celery and spices and cook for 1 minute. Add green pepper and cook for 2 minutes. Stir in tomatoes and cook for about 5 minutes. Add wine, lemon juice and hot pepper and mix. Set aside.

In another skillet, heat the butter. Add the chicken and sprinkle with black pepper. Cook over high heat, stirring frequently, until pieces are lightly and evenly browned. Do not overcook. Pour creole sauce over chicken and stir gently to blend. Simmer about 1 minute. Sprinkle with parsley and serve over hot rice. 4 servings, about 230 calories per serving.