


# Rush Hour Recipe



## Printable 3x5 Recipe Card

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### Ingredients


- Nonstick cooking spray as needed
- 1 Rotisserie Chicken, cut up and boned
- 1 pound smoked sausage
- 1 can (14 oz.) tomatoes, cut up
- 1 1/2 Tbl Creole seasoning
- 1-1/2 cups green peppers, chopped (1 large)
- 1/4 cup onion, chopped
- 2 cloves minced garlic

### Chicken Creole

#### Cooking Directions

Spray a deep skillet with nonstick spray coating. Preheat pan over high heat. Saute smoked sausage and chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat. Add tomatoes and their juice, creole seasoning, green pepper, onion, garlic. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.

Serve over hot cooked rice or whole wheat pasta.



Serves 4

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