

Chicken Creole Recipe

Ingredients:	2 chicken breasts 1 can diced tomatoes 1 cup uncooked rice 1 1/2 cup water 1/2 cup honey Cajun seasoning mix
Notes:	main course Use Zatarain's Seasoning, Tony Chachere's Seasoning, or make your own cajun seasoning: 1 26oz container table salt 5 Tbsp cayenne pepper 3 Tbsp black pepper 3 Tbsp onion powder 3 Tbsp garlic powder 3 Tbsp chili powder 1 Tbsp thyme 1 Tbsp sweet basil 1 Tbsp bay leafs In a blender, pulverize all ingredients except the salt. Be very careful to keep the lid on and let the dust settle before opening - don't breathe in the dust! Pour the spices into a large zip-loc and add salt.
Instructions:	Preheat Dutch oven to 350 degrees. Pour in tomatoes and rice. Fill tomato can with water and pour in. Add about another 1/4 to 1/2 can of water. Shake Cajun seasoning over rice - as much as your taste prefers. Place chicken breasts on top of rice. Pour honey over the chicken. Shake more seasoning on top. Cover and cook for 1 hour.