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# Chicken and Rice Creole

*The Windsor family Cookbook*

*Windsor Vineyards - Windsor, CA*

Servings: 4

**1 (four pound) fricassee chicken, cut into serving pieces**

**1/2 cup flour**

**2 teaspoons salt**

**2 tablespoons olive oil**

**1/4 teaspoon white pepper**

**2 cups canned tomatoes**

**1/4 cup instant minced onion**

**1/4 cup dried sweet pepper flakes**

**1 1/2 cups water**

**3/4 cup Petite Sirah wine**

**1/2 bay leaf**

**1 tablespoon dried parsley flakes**

**1/2 teaspoon thyme**

**1 teaspoon salt**

In a bowl, season the flour with salt and pepper. Coat the chicken with the mixture.

Cover the bottom of a heavy skillet with cooking oil. Brown the chicken in the oil over medium heat.

Add the tomatoes, onion, sweet pepper, water, wine and bay leaf. Cover tightly. Simmer for one hour.

Add the parsley, thyme and salt. Simmer for 15 to 20 minutes longer or until the chicken is fork tender.

## **Chicken**

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*Per Serving (excluding unknown items): 140 Calories; 7g Fat (44.1% calories from fat); 3g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1780mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 1 1/2 Fat.*