

Cooking spray



Green bell pepper



1 medium green bell pepper, chopped.

1 large onion, chopped



Onion

Chicken Drumsticks



8 skinless chicken drumsticks with bone, all visible fat discarded (about 2 pounds)

Tomatoes



1 (14.5-ounce) can no-salt-added diced tomatoes, undrained

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Okra



10 ounces fresh or frozen cut okra, cut into 1/2-inch slices if fresh

Worcestershire sauce



1 teaspoon Worcestershire sauce (lowest sodium available)

Thyme



1/2 teaspoon dried thyme, crumbled

Red hot-pepper sauce



1/4 teaspoon red hot-pepper sauce

Salt



1/8 teaspoon salt

Ingredients



Diabetes 360



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Lightly spray a Dutch oven
with cooking spray





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Heat over medium-high heat.
Cook the chicken for about 4 minutes,
or until browned on all sides,



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Turning frequently &
Transfer to a plate.





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cook the onion & bell pepper
for 3 minutes,



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Stir in the remaining ingredients except the salt & bring the boil & add the okra





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Transfer the chicken to soup bowls.
Stir the salt into the tomato
mixture. Pour over the chicken.

