

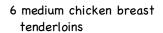
Chicken, Tomatoes and Spinach

Makes 6 servings Cooks on top of stove. Cook time about 25 minutes

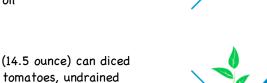
<u>INGREDIENTS</u>

2 tablespoons extra virgin olive oil

- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic



1 tablespoon extra virgin olive



1 (14.5 ounce) can diced

- 1 teaspoon dried basil
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon salt



2 tablespoons flour



DIRECTIONS

Cook over medium heat until onion is softened. Remove to a bowl to add later.

Cook over medium heat in frying pan (from step one). After about 10 minutes or until browned (turning several times while cooking). Add the cooked onion mixture from above and stir.

Stir into above and continue to cook over low heat.

Stir together until well mixed and there are no lumps. Stir into above over medium high heat until mixture comes to a boil.

Stir in spinach and cook 2 minutes or until spinach begins to wilt. Turn off heat and serve immediately over rice, noodles or Quinoa.

6 ounces fresh spinach



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