



### **RAINBOW CREOLE**

#### **INGREDIENTS:**

3 strips of bacon (nitrate free if possible)  
3 14.5 oz. cans organic (chunky or regular) tomato soup  
2 tablespoons coconut oil (or olive oil)  
1 cup chicken broth  
2 chopped (small-to-medium) yellow onions  
1/2 cup chopped celery  
1 chopped red bell pepper  
1 chopped green bell pepper  
1 chopped yellow (or orange) bell pepper  
1 clove garlic chopped  
1 teaspoon (organic, if possible) ketchup  
1 teaspoon Worcestershire sauce  
1/4 teaspoon Tabasco sauce (more to taste if you like spicy)  
1 teaspoon dried oregano  
1 teaspoon salt (plus extra to taste)  
1 teaspoon pepper (plus extra to taste)  
1 pound peeled & cooked steamed shrimp  
(or 1 pound shredded rotisserie chicken)  
Steamed brown rice

#### **INSTRUCTIONS:**

Preheat oven to 375 degrees, cook bacon on a cookie sheet or pan until crispy.  
Drain/dry bacon and crumble into a 5.5 quart Dutch oven (or pot).  
Add 2 tablespoon of coconut (or olive) oil to bacon, heat oil to medium high and stir together until melted/mixed.  
Add onions, celery, peppers and garlic clove.  
Sauté on medium high, stirring constantly until onions are translucent (about 7 mins), add garlic, stir to combine until all ingredients are soft.  
Add chicken broth, tomato soup, ketchup, Tabasco sauce, Worcestershire sauce, salt, pepper and oregano. Cook on medium high for 10 mins.  
Simmer for 15- to 20-mins. Add boiled shrimp or shredded chicken to tomato mixture and stir.  
Serve over steamed brown rice. Garnish with a rainbow (**ROY G. BIV**) of leftover pepper slices.  
Serve with a side of fresh fruit – a double rainbow!  
Serves 4 people.

**Sarah Walker**

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