



CREOLE CHICKEN MARINADE

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EACH BATCH MAKES ENOUGH MARINADE FOR 2 POUNDS OF
BONELESS, SKINLESS CHICKEN.

INGREDIENTS	X1	X2	X3	X4
Olive oil	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Chopped onion	1/4 cup	1/2 cup	3/4 cup	1 cup
Bell pepper, seeded and chopped	1/4 cup	1/2 cup	3/4 cup	1 cup
Clove garlic, minced	1	2	3	4
Canned whole tomatoes, chop or crush with hands, undrained	1 3/4 cup or 14 ounces	2 1/2 cups or 28 ounces	3 1/4 cups or 42 ounces	4 cups or 56 ounces
Gluten & dairy free Worcestershire Sauce	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Red wine vinegar	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Dried basil	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Salt	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Ground black pepper	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Gluten & dairy free hot pepper sauce, optional	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Chicken pieces	2 lbs boneless, skinless/3 lbs bone-in	4 lbs boneless, skinless/6 lbs bone-in	6 lbs boneless, skinless/9 lbs bone-in	8 lbs boneless, skinless/12 lbs bone-in

Put enough ingredients for one batch of marinade in a gallon sized freezer bag. Close bag and mix marinade ingredients. Open bag and put in 2 pounds boneless, skinless chicken or 3 pounds bone-in chicken. Close bag and mix around until chicken is coated in marinade. Open bag and remove as much air as possible, seal, label and freeze.

To thaw and cook: Take the bag out of the freezer the night before, make sure the baggie is completely closed. Place the Bag on a shelf furthest from the freezer (It works best if the bag is laying flat, although this may not be the best option with a side-by-side fridge/freezer). Preheat the oven to 350 F. Empty the contents of the bag into a large baking dish and bake until the juices run clear (45-60 minutes for chicken pieces, or 20-30 minutes for chicken breasts).