

Creole Salmon with Rice

serves 4-6

- 1/2 cup freeze dried onion flakes
- 1/2 cup freeze dried green pepper
- 1/2 cup freeze dried celery pieces
- 3/4 cup water (for rehydrating veggie trio)
- 1 (28 oz.) can diced tomatoes
- 1-2 cans boneless salmon (2 cans if you're serving more than 3-4)
- 2 bay leaves
- 1 1/2 tsp. garlic powder
- 1 TBS Tony Chachere's Creole Seasoning
- 1 1/2 cups rice (prepared with 3 cups water + 1 1/2 tsp chicken bouillon)

Begin preparing rice. Rehydrate onions, peppers and celery using 3/4 cup water. In a skillet, heat the diced tomatoes mixed with the rehydrated veggies, seasonings and bay leaves. Place the canned salmon (juice and all), without stirring, directly on top of hot tomato mixture. Cover and cook 5-10 minutes until heated through. Serve over top of cooked rice.