

Cajun Wings

- olive oil
- 1 sweet onion, diced
- 1 stalk celery, diced
- 1 bell pepper, diced
- bunch of parsley, shredded
- 3 cloves garlic, minced
- 1 jalapeno, minced
- 15 ounces tomato paste
- 3 bay leaves
- salt, pepper, dry mustard, chipotle powder, dried coriander, cumin, oregano, thyme
- a dozen chicken wings

Preheat oven to 350 degrees Fahrenheit.

Cover the bottom of a Dutch oven with olive oil. Heat over a medium heat until sizzling.

Add onion, celery, bell pepper, parsley, garlic and jalapeno.

Cook until veggies begin to soften. Add the tomato paste. Mix, and cook for another 3 minutes.

Add 5 to 6 cups of water. Stir. Add bay leaves. Bring to simmer for about half an hour.

Make a spice blend from the suggested spices. Add about half of the spice blend to the sauce.

Rinse the chicken wings. Remove the wing tips, separate the wings into two parts, removing excess fat.

Coat the wings with the remaining spice blend.

Place the wings into the Dutch oven. Cover. Place Dutch oven in oven for 60 minutes.

Serve with bread or garlic bread.

Serves: 4

Preparation time: 120 minutes

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