

# Brunswick Stew (FDD)

**Makes:** 8 Servings

Lima beans with canned chicken and vegetables and other items are combined to make a hearty stew. Serve this as a main dish at any time.

## Ingredients

- 1 tablespoon** vegetable oil
- 1** medium onion (chopped)
- 2 cups** low-sodium chicken broth
- 2 1/2 cans** chicken, about 12 ounces (drained, about 2.5 cans)
- 2 cups** lima beans (cooked)
- 1 can** tomatoes (drained and chopped)
- 1 can** corn, about 15 ounces (drained)

## Directions

1. Heat oil in a large pan. Add onion and cook until tender.
2. Add chicken broth, tomatoes, lima beans and corn; simmer for 20 minutes over medium heat.
3. Reduce heat to low, add chicken, cook for 5 more minutes.

Recipe provided by SNAP-ED Connection Recipe Finder

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	5 g	
Protein	18 g	
Carbohydrates	23 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	370 mg	