

# Brunswick Stew

**Makes:** 8 servings

This hearty stew makes 8 servings or you can double it for a crowd. Skip the trip to the grocery store by using fresh leftover cooked chicken or turkey that has been properly stored and handled in addition to canned veggies from your pantry.

## Ingredients

- 1 tablespoon** vegetable oil
- 1** onion (medium, chopped)
- 2 cups** chicken broth, low-sodium
- 2 cups** chicken or turkey (cooked, diced and boned)
- 2 cups** tomatoes, canned or cooked
- 2 cups** lima beans, canned or cooked
- 2 cups** whole kernel corn, canned or cooked

## Directions

1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.
3. Makes 8 servings of about 1 cup each.

## Notes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>188</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	28 mg
<b>Sodium</b>	<b>522 mg</b>
<b>Total Carbohydrate</b>	<b>23 g</b>
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	1 g
<b>Protein</b>	<b>17 g</b>
Vitamin D	0 IU
Calcium	42 mg
Iron	3 mg
Potassium	577 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	3/4 cup
 Protein Foods	1 ounce

Learn more about:

- [Onions](#)
- [Tomatoes](#)
- [Corn](#)
- [Lima Beans](#)

**Source:** Virginia Cooperative Extension, Healthy Futures