

## Brunswick Stew

### Ingredients:

- 4 cups water
- 2 boneless, skinless chicken breasts
- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 15 ounces butter beans
- 15 ounces corn
- 15 ounces low sodium tomato, canned

### Equipment:

- Large pot with lid
- Can opener
- Cutting board
- Knife
- Measuring spoons

Number of Servings: 8  
 Prep Time: 90 minutes  
 Total Time: 90 minutes

### Directions

1. Boil 4 cups water. Add chicken breasts and cook until done, about 30 minutes.
2. Take chicken out of broth, and allow chicken to cool. Chop chicken into bite size pieces when cool enough to handle.
3. Skim fat from chicken stock with spoon, paper towels patted on top, or with ice cubes. Use broth for soup. Measure out 8 cups. Save the rest of the stock for other uses.
4. Cut ends off onion, and remove brown layers. Chop into small pieces.
5. Heat oil in large sauce pan over medium heat until hot. Sauté onions until tender.
6. Add chicken, tomatoes with their juice, butterbeans and their juice, and corn to broth and cook until tender, about 30 minutes.

**TIP: Soups are good because the nutrients are in the liquid too. Excellent source of fiber from butterbeans and corn. Use other leftover vegetables in soup.**

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 257	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 36mg	12%
Sodium 76mg	3%
Total Carbohydrate 34g	11%
Dietary Fiber 13g	52%
Protein 25g	50%
Vitamin A 8%	Vitamin C 17%
Iron 22%	Calcium 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

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