

Brunswick Stew

Makes: 8 servings

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 (low-sodium) or cooked
- 2 cups lima beans, canned or cooked
- 2 cups whole kernel corn, canned (no salt added)

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. Serve hot.

Total: \$7.03

Per Serving: \$0.88

Source: Virginia Cooperative Extension, Healthy Futures - 2/2019



Nutrition Facts	
8 servings per container	
Serving size	1 cup (280g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 310mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 475mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

