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Brunswick Stew

Servings: 8 **Difficulty: Easy**

This hearty stew can easily be doubled 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 Tbsp (15 mL) vegetable oil
- 1 medium onion, chopped
- 2 cups (473 mL) chicken broth, low sodium
- 2 cups (500 mL) chicken or turkey– cooked, diced and boned
- 2 cups (500 mL) canned tomatoes
- 2 cups (500 mL) canned lima beans
- 2 cups (500 mL) canned whole kernel corn

Directions

Wash hands before preparing recipe. Heat oil in a large pan. Add onion and cook in oil until tender.

Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low heat.

Ladle 1 cup (25 mL) of soup into each bowl and enjoy!

Recipe Source: *Healthy Futures.* Virginia Cooperative Extension