Brunswick Stew  
(Makes 8 servings.)

Ingredients
• 1 Tbsp. vegetable oil  
• 1 medium onion, chopped  
• 2 c. low-sodium chicken broth  
• 1 can (12-oz.) chicken, drained  
• 1 can (15-oz.), tomatoes, drained and chopped  
• 2 c. lima beans, cooked  
• 1 can (15-oz.) corn, 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.

Nutrition info: Serving size: 1 cup, Calories: 200, Total Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 35 mg, Sodium: 370 mg, Total Carbohydrate: 23 g, Dietary Fiber 4 g, Sugars: 4 g, Protein: 18 g. 

Recipe provided by SNAP-ED Connection Recipe Finder.