

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

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.*

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