

# Eat to Live Well



*Recipes for a Healthy Life!*

## **Brunswick Stew**

### Ingredients:

Cooking spray

1 cup chopped red bell pepper

3/4 cup chopped yellow onion

1/2 cup chopped celery

1 Tbsp Peanut Oil

1 Tbsp all-purpose flour

1 pound skinless, boneless chicken thighs (cut into 1/2 " pieces)

2 cups chicken broth (can use fat-free, low sodium to decrease sodium content of recipe)

2 Tbsp tomato paste, no-salt-added

1 tsp dried thyme

1/2 tsp salt

1/2 tsp hot pepper sauce

1 (10oz) package frozen whole-kernel corn, thawed

1 (10oz) package frozen baby lima beans, thawed

### Directions:

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add bell pepper, onion, and celery to pan; cook 5 minutes, stirring occasionally. Add oil to pan. Combine flour and chicken in a medium bowl, tossing to coat. Add chicken to pan; cook 2 minutes or until lightly browned. Gradually stir in broth, and bring to a boil. Cook 1 minute or until slightly thick, stirring constantly. Add tomato paste and next 5 ingredients. Cover, reduce heat, and simmer 30 minutes.

Submitted by employee

Nutrition Facts: 253 calories, 6.5 g fat, 1.5g saturated fat, 40g carbohydrate, 9.6g fiber, 12.6g protein

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