

CSFP
Recipe of the Month
May 2010

An easy stew to make using lima beans...beans are high in protein, low in fat and may help lower cholesterol.

Brunswick Stew

Makes 8 servings

Vegetable oil	1 Tablespoon
Onion, chopped	1 medium
Chicken, canned, rinsed and drained	1 (12.5 ounce) can
Chicken broth	2 cups
Tomatoes, low sodium, chopped	1- 15 ounce can
Lima beans, cooked	2 cups
Corn, canned, rinsed and drained	1-15 ounce can

Directions:

1. Heat oil in a large pan. Add onion and cook until tender.
2. Add chicken broth, tomatoes, lima beans and corn.
3. Simmer for 20 minutes over medium heat.
4. Reduce heat to low, add chicken, cook for 5 more minutes.

Notes:

1. Be sure to cook the dry lima beans first.
 - Place beans in a pot and cover with water at least 3 inches above the beans
 - Bring to a boil and boil for 2 minutes
 - Turn off the heat and let the beans soak in the water for about an hour.
 - Rinse and drain and use in stew recipe above or in other recipes.
2. Instead of canned chicken, use left-over chicken, turkey, ham, beef or pork.
3. Use low sodium chicken broth to lower sodium further.
4. Add other vegetables to increase variety and flavor.

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

*****CSFP Recipe of the Month*****

Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use ingredients that you receive in a given month.