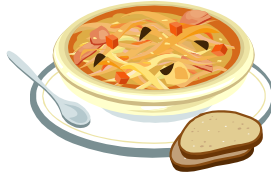


## Brunswick Stew—*a great way to add more vegetables!*

- 1 Tablespoon oil
- 1 medium onion, sliced
- 2 cups chicken broth
- 2 cups cooked chicken or turkey
- 2 cups canned or cooked tomatoes
- 2 cups canned or cooked lima beans
- 2 cups canned or frozen corn



1. Heat oil in large pan. Add onion and cook until tender.
2. Add other ingredients. Bring to a simmer for 30 minutes at medium-low.

Makes 8 1-cup servings.