Brunswick Stew

Serves 6. Total time 40 minutes. Can make ahead.

Brunswick Stew is a Southern favorite. It usually contains meat, potatoes, lima beans, and corn but other variations exist. The origins of Brunswick Stew are debated. It may have originated in Brunswick County, Virginia or Brunswick, Georgia. One thing is for sure, you'll love this delicious and comforting one pot meal.

**Brunswick Stew**

1-½ T. olive oil
1 onion, chopped
1 lb. boneless, skinless chicken breasts, chopped into ½” pieces
4 carrots, peeled and chopped into ½” pieces
3 garlic cloves, chopped
2 medium potatoes, peeled and chopped into ½” pieces (about 3 cups)
1 (15 oz.) can diced tomatoes
4 cups reduced-sodium chicken broth
1 bay leaf
1 T. Worcestershire sauce
½ tsp. dried thyme
Freshly ground black pepper to taste
2 cups frozen yellow corn, thawed
2 cups frozen baby lima beans, thawed

Warm oil in a Dutch oven over medium-high heat. Add onion; cook until slightly softened, about 3 minutes. Add chicken; cook until lightly golden, about 3 minutes, stirring occasionally. Add carrots, garlic, potatoes, tomatoes, chicken broth, bay leaf, Worcestershire, thyme, black pepper, corn, and lima beans; cover and bring to a boil over high heat. Lower heat to medium and simmer for about 15 minutes until vegetables are tender.

Nutrition Information (per 1/6 recipe, about 2 cups): 385 cal, 32 g protein, 8 g fat, 1.5 g sat. fat, 0 g trans fat, 48 g carb, 9 g fiber, 73 mg chol, 613 mg sodium. 1 serving equals: 2 vegetables, 1 whole grain equivalent, 1.5 protein, 1 fat

**Harvest Apple Crisp**

*Tip:* Since the skin of an apple contains fiber and other nutrients, this hearty variation calls for apples that are unpeeled and cooked only until crisp-tender. Feel free to peel the apples if desired.

3 Golden Delicious apples, cored and sliced into ½” slices
½ cup old fashioned oats
2 T. brown sugar
2 T. whole wheat flour
1 T. canola oil
1 tsp. cinnamon
6 (½ cup) scoops low-fat vanilla frozen yogurt

Preheat oven to 375° F. Spray a 9-inch square baking dish with nonstick cooking spray. Layer apples slices in the baking dish. In a small bowl, combine oats, brown sugar, flour, canola oil, and cinnamon until crumbly; sprinkle over apples. Bake until apples are crisp-tender, about 30 minutes. Top each serving with a small ¼ cup scoop of frozen yogurt.

Nutrition Information (per 1/6 recipe, about 1 cup of apple crisp with ½ cup frozen yogurt): 205 cal, 6 g protein, 5 g fat, 1.5 g sat. fat, 0 g trans fat, 35 g carb, 3 g fiber, 33 mg chol, 30 mg sodium. 1 serving equals: 0.5 fruit, 1 sweet

Total Meal Nutrition Information (per 1/6 of each recipe): 590 cal, 38 g protein, 13 g fat, 3 g sat. fat, 0 g trans fat, 83 g carb, 12 g fiber, 105 mg chol, 643 mg sodium. 1 serving equals: 2 vegetables, 0.5 fruit, 1 whole grain equivalent, 1.5 protein, 1 fat, 1 sweet

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
Brunswick Stew

Shopping List

Produce Section
- 1 onion
- 4 carrots
- 2 medium baking potatoes (3 cups chopped)
- 3 garlic cloves
- 3 Golden Delicious apples

Dry Goods Section
- 4 cups reduced-sodium chicken broth
- 1 (15 oz.) can diced tomatoes
- 1-½ T. olive oil
- 1 T. Worcestershire sauce (see tip #1)
- 1 bay leaf
- ½ tsp. dried thyme
- ½ cup old fashioned oats (see tip #2)
- 2 T. brown sugar
- 2 T. whole wheat flour
- 1 T. canola oil
- 1 tsp. cinnamon

Meat/Dairy Section
- 1 lb. boneless, skinless chicken breasts

Frozen Foods Section
- 2 cups frozen yellow corn
- 2 cups frozen baby lima beans (see tip #3)
- 1-½ cups low-fat vanilla frozen yogurt (see tip #4)

Smart Shopper Tip #1:
Worcestershire (pronounced WOOS-tuhr-shuhr or WOOS-tuhr-sheer) is a thin, dark condiment that was first bottled in Worcester, England. It usually contains vinegar, soy sauce, molasses, onion, garlic, anchovies, and other ingredients.

Look for Worcestershire on the condiment aisle with the steak and barbecue sauces.

Smart Shopper Tip #2:
Oats are a nutritious whole grain. They contain a form of soluble fiber called beta-glucan that may help lower cholesterol. Oats also contain B vitamins, vitamin E, iron, and other nutrients.

When whole oats are steamed and flattened, they become rolled oats (also called old-fashioned oats). Don’t confuse them with instant oats that are cut and pre-cooked and somewhat mushy in comparison.

Smart Shopper Tip #3:
Baby lima beans are sweeter and more tender than mature lima beans.

Smart Shopper Tip #4:
Low-fat vanilla frozen yogurt or light ice cream can be used here. With the exception of the higher calorie premium brands, most are very similar nutritionally.

For variation try light butter pecan ice cream, caramel ice cream, or your favorite flavor.