
Brunswick Stew II

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour

1 cup red bell pepper, chopped
3/4 cup yellow onion, chopped
1/2 cup celery, chopped
1 tablespoon peanut oil
1 tablespoon all-purpose flour
1 pound boneless/ skinless chicken thighs, cut into 1/2-inch pieces
2 cups fat-free, less sodium chicken broth
2 tablespoons no-salt-added tomato paste
1 teaspoon dried thyme
1/2 teaspoon table salt
1/2 teaspoon hot pepper sauce
1 `package (10 ounce) frozen whole-kernel corn, thawed
1 package (10 ounce) frozen baby lima beans, thawed
6 slices (1 ounce ea) Italian bread, toasted
2 cloves garlic, halved
thyme sprigs (for garnish)

Coat a large Dutch oven with cooking spray. Heat over medium-high heat. Add the bell pepper, onion and celery to the pan. Cook until softened, stirring occasionally, for about 5 minutes. Add oil to the pan.

In a medium bowl, combine the flour with the chicken. Toss to coat. Add the chicken to the pan. Cook for 2 minutes or until lightly browned. Gradually stir in the broth. Bring to a boil. Cook for 1 minute or until slightly thick, stirring constantly. Add the tomato paste, dried thyme, salt, pepper sauce, corn and lima beans to the pan. Cover. Reduce the heat and simmer for 30 minutes.

Rub the toasted bread slices with cut sides of garlic. Discard the garlic. Serve the bread with the stew. Garnish with thyme sprigs.

Soup, Stew and Chili

Per Serving (excluding unknown items): 133 Calories; 3g Fat (21.3% calories from fat); 5g Protein; 22g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 345mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.