

Southwestern Chicken & Lima Bean Stew

Pam Corder - Monroe, LA
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Servings: 6

4 (about 1-1/2 pounds) bone-in chicken thighs, skin removed
2 cups frozen lima beans
2 cups frozen corn
1 large green pepper, chopped
1 large onion, chopped
2 cans (14 ounce ea) fire-roasted diced tomatoes, undrained
1/4 cup tomato paste
3 tablespoons Worcestershire sauce
3 cloves garlic, minced
1 1/2 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
fresh cilantro or parsley, chopped

Preparation Time: 20 minutes

Slow Cooker: 6 hours

Place the chicken thighs, lima beans, corn, pepper and onion in a five-quart slow cooker.

In a large bowl, combine the tomatoes, tomato paste, Worcestershire sauce, garlic and the dry seasonings. Pour over the top.

Cook, covered, on LOW for 6 to 8 hours or until the chicken is tender. Remove the chicken from the slow cooker.

When the chicken is cool enough to handle, remove the meat from the bones; discard the bones. Shread the meat with two forks.

Return the meat to the slow cooker and heat through.

Sprinkle with cilantro.

Per Serving (excluding unknown items): 153 Calories; 1g Fat (5.1% calories from fat); 7g Protein; 32g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 281mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	.3mg
% Calories from Fat:	5.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	78.1%	Thiamin B1 (mg):	.1mg

% Calories from Protein:	16.8%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	32g
Dietary Fiber (g):	5g
Protein (g):	7g
Sodium (mg):	281mg
Potassium (mg):	610mg
Calcium (mg):	53mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	46mg
Vitamin A (i.u.):	607IU
Vitamin A (r.e.):	62 1/2RE

Riboflavin B2 (mg):	.1mg
Folacin (mcg):	46mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	153	Calories from Fat: 8
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% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	281mg	12%
Total Carbohydrates	32g	11%
Dietary Fiber	5g	20%
Protein	7g	

Vitamin A	12%
Vitamin C	76%
Calcium	5%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.