

Quick Brunswick Stew

- For those with high blood pressure it is a good idea to use “low-sodium” or “no salt added” canned vegetables. If they are not available, drain and rinse full sodium options in water to reduce salt content.
- Try with fresh or frozen vegetables to fit your lifestyle, like a frozen blend of onions and celery instead of fresh, or fresh potatoes instead of canned, any type of canned tomatoes or even swap potatoes for pasta.
- Swap canned chicken for canned pork, removing the solid fat from the outside of the meat in the can. Use a fork to pull the meat apart. Also try with frozen pulled pork.
- Chop and freeze leftover fresh celery for future cooking needs. Use within 6 months.
- Can be cooked in a crockpot for 1 hour on high or microwave in a microwave safe dish for 15 minutes.

Nutrition Facts	
8 servings per container	
Serving size	1 1/2 cups
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 600mg	26%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 291mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Servings: 8 Cook Time: 30 minutes



Ingredients:

- 1 Tablespoon oil, olive, canola or vegetable oil
- 2 cans (10 or 12 oz. each) canned chicken in water, drained
- 1 large onion, chopped
- 1 Tablespoon chili powder
- 2–3 cans (15 oz.) low-sodium mixed vegetables (with lima beans, corn, potatoes, etc.)
- 1 can (28 oz.) low-sodium, diced tomatoes
- 3 ribs celery, chopped
- 2 cups or 1- (14 oz.) can low-sodium chicken broth
- 1/3 cup barbecue sauce
- 3/4 cup 100% apple juice
- 2 Tablespoons apple cider or white vinegar

Directions:

1. Heat the oil in a large pot over medium-high. Add onion and celery and **sauté** for 5–7 minutes until onions are clear.
2. Add chili powder and (optional) smoked paprika. **Stir** for one minute.
3. Add chicken and **shred** until there are no large chunks. Add mixed vegetables, tomatoes and broth.
4. Add barbecue sauce, apple juice and apple cider vinegar to the pot.
5. Bring to a **boil**, **reduce heat** to medium low and **cover** and **simmer** for 10–15 minutes.
6. **Stir** occasionally. **Serve** hot.

Optional:

For a **smoky flavor**, add 1 teaspoon smoked paprika.

For a more **spicy flavor** add cayenne pepper, to taste.

Recipe Credit:

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