

SOUPS

Brunswick Stew

Makes 8 servings · ~1½ cups each

SATIETY SCORE

● ● ● ● ● 5 / 5

NUTRITION

HIGH

Per serving (approx.): Protein 32 g · Fiber 5 g · Calories 260

Ingredients

- 6–8 whole boneless, skinless chicken breasts
- 1 small onion, quartered
- 2 celery stalks, diced
- ½ tsp pepper
- 1 can (16 oz) white shoe-peg corn
- 1 package (10 oz) frozen small butterbeans
- 1 can (28 oz) diced tomatoes
- 2 small potatoes, peeled and cubed
- ⅓ cup ketchup
- 2–3 Tbsp white vinegar
- 1 Tbsp brown sugar
- 1 tsp Worcestershire sauce
- ½–1 tsp Tabasco sauce
- ¼ tsp marjoram

Directions

1. Place the chicken in a Dutch oven with the onion, celery, pepper, and enough water to cover well. Boil about 20 minutes, until cooked through; remove the chicken to cool.
2. If time permits, chill the broth and skim off the fat.
3. Reheat the broth and add the corn, butterbeans, tomatoes, potatoes, ketchup, and vinegar.
4. Cut the chicken into bite-sized pieces and add to the vegetables along with the brown sugar, Worcestershire, Tabasco, and marjoram.
5. Simmer until the potatoes are tender. For a thinner stew, add more water or chicken broth.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Brunswick Stew

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 small onion
- ☐ 2 celery stalks
- ☐ 2 small potatoes

MEAT & POULTRY

- ☐ 6–8 whole boneless, skinless chicken breasts

FROZEN

- ☐ cooked 1 package (10 oz) frozen small butterbeans

PANTRY & DRY GOODS

- ☐ ½ tsp pepper
- ☐ 1 can (16 oz) white shoe-peg corn
- ☐ 1 can (28 oz) tomatoes
- ☐ ⅓ cup ketchup
- ☐ 1 Tbsp brown sugar
- ☐ 1 tsp Worcestershire sauce
- ☐ ½–1 tsp Tabasco sauce

CHECK YOUR PANTRY

- ☐ White vinegar
- ☐ Marjoram