**Brunswick Stew**
*This recipe makes enough for 8 people.*

**What To Use**
1 chicken  
3 cups water  
½ teaspoon salt  
2 onions  
½ teaspoon pepper  
1 can butterbeans  
1 can okra  
2 cans corn  
2 cans tomatoes

**How To Make**

1. **1**
   - 1 chicken
   - Cut chicken in pieces.
   - Rinse chicken.

2. **2**
   - 3 cups water
   - Put chicken, water, and salt in a large boiler.
   - ½ teaspoon salt
   - Cover boiler.
   - Let water come to a boil.
   - Turn heat low.
   - Cook about 2 hours.
   - Cook until chicken is tender.

3. **3**
   - Take boiler off heat.
   - Take chicken out of broth.
   - Leave broth in boiler.
   - Let chicken cool.

4. **4**
   - Pull all the chicken off the bones.
   - Cut chicken in small pieces.
   - Return boiler to heat.

5. **5**
   - 2 onions
   - Peel and cut them in small pieces.
   - Add onions.

6. **6**
   - ½ teaspoon pepper
   - Stir.

7. **7**
   - 2 cans corn  
   - 2 cans tomatoes  
   - 1 can okra  
   - 1 can butterbeans
   - Add corn, okra, tomatoes, and butterbeans. Stir.

8. **8**
   - Cover boiler.
   - Let stew come to a boil.
   - **Turn heat low.**
   - Cook until stew is thick.
   - Stir as it cooks so the stew will not stick.

Serve Brunswick Stew for lunch or dinner.
Serve with bread and milk.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Brunswick Stew is a good food. It has meat and vegetables in it. It is nutritious. Use canned vegetables in Brunswick Stew. Buy canned ones at the store or use some you canned at home. Brunswick Stew tastes good on a cold winter day. It is good for lunch or dinner. Make Brunswick Stew for your family.

Evelyn F. Crayton, Extension Foods & Nutrition Specialist

Your County Extension Agent can tell you more about this and can help you in other ways too. Call or write: