

# Brunswick Stew

*This recipe makes enough for 8 people.*

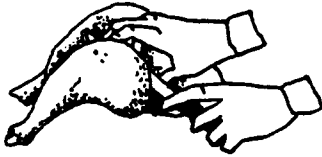


## What To Use

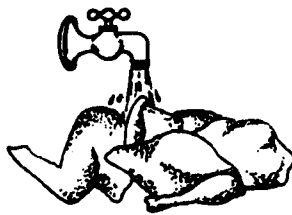
- 1 chicken
- 3 cups water
- ½ teaspoon salt
- 2 onions
- ½ teaspoon pepper
- 1 can butterbeans
- 1 can okra
- 2 cans corn
- 2 cans tomatoes

## How To Make

1

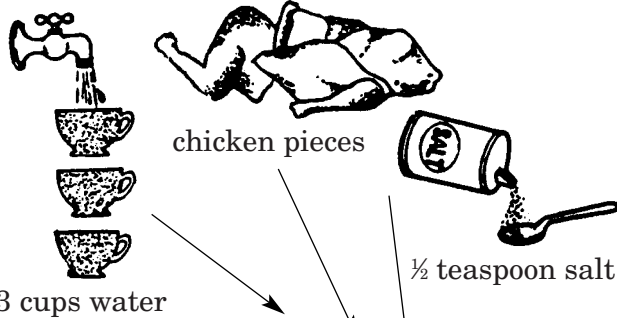


1 chicken  
Cut chicken in pieces.



Rinse chicken.

2



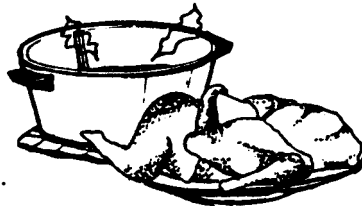
Put chicken, water, and salt  
in a large boiler.

Cover boiler.  
Let water come to a boil.  
Turn heat low.

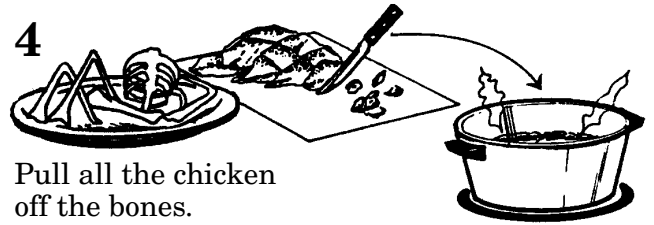
Cook about 2 hours.  
Cook until chicken is tender.

3

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



4

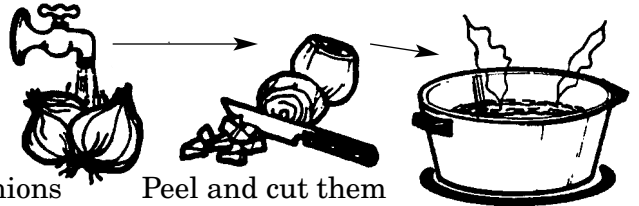


Pull all the chicken  
off the bones.

Cut chicken  
in small pieces.

Return boiler to heat.  
Add cut-up chicken to  
broth.

5

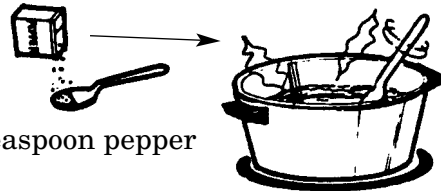


2 onions  
Rinse  
onions.

Peel and cut them  
in small pieces.

Add onions.

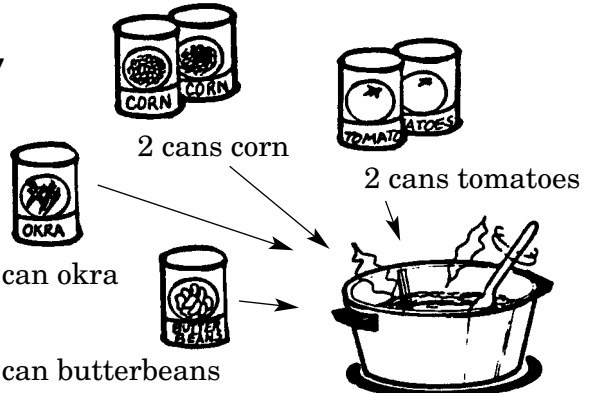
6



½ teaspoon pepper

Add pepper.  
Stir.

7



2 cans corn

2 cans tomatoes

1 can okra

1 can butterbeans

Add corn, okra, tomatoes,  
and butterbeans. Stir.

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.



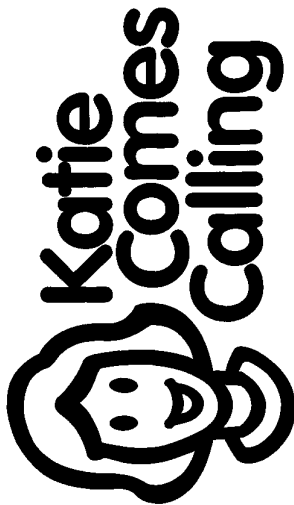
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Katie

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### Brunswick Stew

- Brunswick Stew is a good food.
- It has meat and vegetables in it.
- It is nutritious.
- It has:
  - Proteins
  - Vitamins A and C
  - Fiber
- 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*

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:



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