

Brunswick Stew



Prep:

5 minutes

Total:

1 hour 5 minutes

Sirve:

4 - 1.5 cup servings

Pieza:

Saladmaster Food Processor
4 Qt./3.8 L Roaster with Cover

Valora: ☆☆☆☆☆

Contribuido por:

The American Diabetes Association
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Descripción de la Receta:

Perfect for those cold winter days, this soup is full of chicken and hearty vegetables to ensure you receive all the nutrients you need to stay warm and healthy this winter season. In Saladmaster, you can cook, serve, store and reheat the next day - all in the same piece of cookware.

4		
medium	skinless chicken	2
	thighs	1
celery stalks,	strung, use Cone	1

- #2

medium onion, strung, use Cone

28

cup water

1
- #2

oz stewed tomatoes with

1

cup frozen lima

2
- juices

beans
- cup frozen

potatoes, cubed

Preparación :
- corn

salt and pepper to taste (if

desired)
1. Combine

celery, onion,

chicken thighs and water into the roaster and cover.
2. When Vapo-Valve™ begins to click steadily, reduce heat to

low and cook for 45 minutes.
3. Remove chicken from the broth and remove the bones, chop

the chicken and return it to the roaster.
4. Add the remaining ingredients, combine and cover.
5. When Vapo-Valve™ begins to click steadily, reduce heat to

low and cook for an additional 15 minutes.

Consejos:

- For a vegetarian/vegan option, omit the chicken and add additional vegetables while using a vegetable broth base.

Información nutricional por ración

Calorías:	250
Grasa Total:	6g
Grasa	1g
Saturada:	
Colesterol:	45mg
Sodio:	380mg
Carbohidratos:	34g
Fibra	7g
Dietética:	
Azúcar:	8g
Proteína:	19g