

BRUNSWICK STEW



You need:

1 chicken (about 3 pounds)
1 medium onion
3 cups water
1-1/2 teaspoons salt

2 cups canned tomatoes (1-pound can)
2 cups canned lima beans (1-pound can)
2 cups canned whole kernel corn (1-pound can)
Salt and pepper to taste

Serve with:

Lettuce Wedge Salad
Biscuits
Margarine or Butter
Apple Pie and Ice Cream
Milk

1/

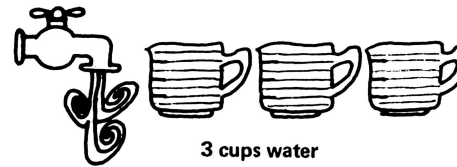
Get ready:



1 chicken, about 3 pounds, cut-up



1 medium onion, sliced



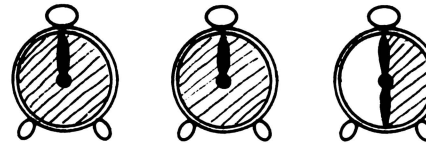
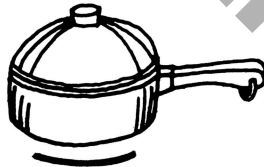
3 cups water



1-1/2 teaspoons salt

2/

Put chicken, onion, water, and salt into pan. Cover pan.



Cook slowly until chicken is tender, 2 to 2-1/2 hours.

3/

Open 1 pound cans of



tomatoes,



lima beans,



whole kernel corn.

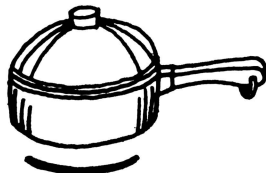
Add to chicken.



Add more salt and pepper as desired.

4/

Heat.



Makes 6 servings, about 1-1/3 cups each.



SMART SHOPPER RECIPE

U.S. D. A. CONSUMER AND MARKETING SERVICE PF482 E3



