

**Brunswick Stew**



**Prep:**

5 minutes

**Total:**

1 hour 5 minutes

**Makes:**

4 - 1.5 cup servings

**Utensil:**

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

**Rate** ☆☆☆☆☆

**Recipe:**

**Contributed By:**

The American Diabetes Association  
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**Recipe Description:**

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 28  
 medium onion, strung, use Cone 1  
 #2 1  
 oz stewed tomatoes with cup frozen lima 2  
 juices beans  
 cup frozen potatoes, cubed **Directions:**  
 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.

#### Tips:

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

#### Nutritional Information per

##### ▼ Serving

**Calories:** 250  
**Total Fat:** 6g  
**Saturated Fat:** 1g  
**Cholesterol:** 45mg  
**Sodium:** 380mg  
**Total** 34g  
**Carbs:**  
**Dietary Fiber:** 7g  
**Sugar:** 8g  
**Protein:** 19g