

Chicken Brunswick-Style Stew

www.Publix.com

*1 large sweet onion,
coarsely chopped
6 cloves fresh garlic,
coarsely chopped
1 can (15 ounce) lima
beans, drained
4 slices bacon, cut into one-
inch pieces
1 can (14.5 ounce) fire-
roasted diced tomatoes
2 1/2 cups no-salt-added
chicken broth (or stock)
1/2 teaspoon Kosher salt
1 teaspoon pepper
2 packages (9 ounce) fully-
cooked barbecue (or plain)
chicken breast
1 package (15 ounce)
frozen gumbo vegetable
blend
2 tablespoons chipotle
pepper sauce
1/2 cup barbecue sauce
1/3 cup apple cider vinegar*

Preheat a large stockpot on medium heat for 2 to 3 minutes. Place the bacon in the pot. Cook for 4 to 5 minutes or until crispy. Remove the bacon from the pot and drain (reserving two tablespoons of bacon drippings in the pot).

Add the onions to the same pot. Cook for 5 minutes. Stir in the garlic. Cook for 1 to 2 minutes or until fragrant.

Stir in the lima beans, tomatoes, chicken broth, salt, pepper, chicken breast, vegetables, pepper sauce, barbecue sauce and the vinegar. Simmer for 30 minutes.

Serve the stew topped with the bacon.

Per Serving (excluding unknown items): 925 Calories; 16g Fat (15.4% calories from fat); 51g Protein; 150g Carbohydrate; 38g Dietary Fiber; 22mg Cholesterol; 2403mg Sodium. Exchanges: 7 1/2 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 1/2 Fruit; 2 Fat; 1 Other Carbohydrates.