



Chicken-and-Brisket Brunswick Stew



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



25

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons beef soup base jarred
- ☐ 1 pound barbecued beef brisket chopped (without sauce)
- ☐ 1 tablespoon brown sugar
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 2 pounds skinned and boned chicken breasts
- ☐ 12 oz chili sauce
- ☐ 12 oz kernel corn whole white frozen
- ☐ 9 oz baby lima beans frozen

- ☐ 10 oz regular corn frozen cream-style thawed
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 large onions chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 tablespoon mustard yellow

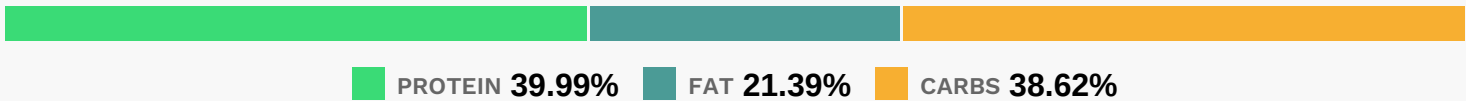
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onions and garlic in hot oil in a 5-qt. Dutch oven over medium-high heat 3 to 5 minutes or until tender.
- ☐ Stir together beef soup base and 2 cups water, and add to Dutch oven. Stir in chicken and next 9 ingredients. Bring to a boil. Cover, reduce heat to low, and cook, stirring occasionally, 2 hours.
- ☐ Uncover and shred chicken into large pieces using 2 forks. Stir in brisket and lemon juice. Cover and cook 10 minutes.
- ☐ Serve with hot sauce, if desired.
- ☐ Note: We tested with Superior Touch Better Than Bouillon Beef Base and Muir Glen Organic Fire Roasted Crushed Tomatoes.

Nutrition Facts



Properties

Glycemic Index:6.36, Glycemic Load:0.93, Inflammation Score:-4, Nutrition Score:9.1273912962364%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 137.3kcal (6.86%), Fat: 3.29g (5.06%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 11.42g (4.15%), Sugar: 4.69g (5.21%), Cholesterol: 34.49mg (11.5%), Sodium: 425.88mg (18.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Vitamin B3: 5.46mg (27.3%), Vitamin B6: 0.46mg (22.99%), Selenium: 15.58µg (22.26%), Phosphorus: 157.59mg (15.76%), Potassium: 442.45mg (12.64%), Vitamin C: 8.36mg (10.14%), Manganese: 0.18mg (9.08%), Zinc: 1.29mg (8.62%), Vitamin B12: 0.52µg (8.61%), Magnesium: 32.05mg (8.01%), Iron: 1.39mg (7.73%), Fiber: 1.93g (7.7%), Vitamin B5: 0.73mg (7.29%), Vitamin B1: 0.1mg (6.81%), Vitamin B2: 0.11mg (6.74%), Copper: 0.13mg (6.57%), Vitamin E: 0.84mg (5.63%), Folate: 22.37µg (5.59%), Vitamin A: 200.85IU (4.02%), Vitamin K: 3.83µg (3.65%), Calcium: 25.51mg (2.55%)