

# BRUNSWICK STEW



## 50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- ★ 2 tablespoons olive oil
- ★ 1 small yellow onion, peeled and cut into ½-inch pieces, (about 8 ounces)
- ★ 2 stalks celery, cut into ½-inch pieces (about 3 ounces)
- ★ 3 cloves garlic, peeled and finely chopped
- ★ 1 pound boneless, skinless chicken breast, cut into ¾-inch pieces
- ★ 1 (14.5 ounces) can low-sodium petite diced tomatoes
- ★ 1 medium yellow potato, 6 ounces, scrubbed and cut into ¾-inch pieces
- ★ 4 cups low-sodium chicken broth
- ★ ½ teaspoon kosher salt
- ★ ½ teaspoon fresh ground black pepper
- ★ 1 sprig fresh thyme
- ★ 1 bay leaf
- ★ ⅛ teaspoon red pepper flakes
- ★ 1 can (15.5 ounces) butter beans, drained
- ★ 1 cup fresh or frozen corn kernels (4½ ounces)
- ★ Chopped parsley, for serving

## DIRECTIONS

In a large pot, heat the olive oil over medium heat. Add the onion and celery and cook, stirring occasionally, until onion is translucent, about 5 minutes. Add the garlic and chicken and cook, stirring occasionally, until chicken is lightly browned, about 5 to 8 minutes. Add the tomatoes with the juices, potato, broth, salt, pepper, thyme, bay leaf, and chili flakes. Bring to a boil, then reduce to a simmer and cook for 20 minutes. Add beans and corn and simmer for an additional 10 minutes. Divide among bowls and top with chopped parsley.

### Serving Size and Nutritional Information:

**Serves 4** (2 cups each)

**Yield:** 8 cups

**410** Calories Per Serving, **10g** Total Fat,

**43g** Total Carbohydrates, **37g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.  
© 2024 Novo Nordisk All rights reserved. US23OZM00628 January 2024