Brunswick Stew

Ingredients:
1 tablespoon vegetable oil
1 medium sliced onion
2 cups fat-free, low-sodium chicken broth
2 cups cooked diced chicken or turkey
2 cups canned or cooked tomatoes
2 cups canned or cooked lima beans
2 cups canned or cooked whole-kernel corn

Directions:
1. Heat oil in a large pan. Add onion and cook in oil until tender.
2. Add chicken broth, diced chicken or turkey, tomatoes, lima beans and corn. Bring to a simmer for 30 minutes at medium-low.

Yields about 8 servings

Source: Loving Your Family, Feeding Their Future - The Healthy Family Guide Book (USDA)