

Brunswick Stew

(Linda Schulte, Heliotrope Dr.)

4 (4 oz) skinned, boned chicken breast halves (or rotisserie chicken picked or canned chicken breast)
2 cups water
2 tablespoons chopped fresh parsley
2 teaspoons minced fresh thyme
 $\frac{3}{4}$ teaspoon salt
2 bay leaves
1 $\frac{1}{2}$ cups peeled cubed baking potato
1 cup sliced celery
1 cup chopped onion
1 (14 $\frac{1}{2}$ -ounce) can diced tomatoes, undrained
1 (10-ounce) package frozen lima beans, thawed
1 (10-ounce) package frozen whole-kernel corn, thawed
2 teaspoons Worcestershire sauce
 $\frac{3}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon hot sauce

Combine first 6 ingredients in a large Dutch oven. Bring to a boil; cover, reduce heat, and simmer 20 minutes *or* until chicken is tender.

Remove chicken from pan, reserving broth in pan. Shred chicken with 2 forks; return to pan.

Discard bay leaves. Add potato and remaining ingredients; stir well. Bring to a boil; cover, reduce heat, and simmer 1 hour and 40 minutes, stirring occasionally. Yield: 8 servings (serving size: 1 cup).

To freeze in 2-serving portions: Place 2 cups stew in each of 4 labeled heavy-duty, zip-top plastic bags or labeled airtight containers. Freeze up to 1 month.

To serve: Thaw stew in refrigerator. Place stew in a saucepan. Cook over medium heat until thoroughly heated, stirring occasionally.