

Brunswick Stew

Yield: 7 min

Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-rabbit-stew-recipe>

Ingredients:

- 3 pounds rabbit or chicken, cut with a cleaver through bones into 2-inch pieces
- 1 cup all-purpose flour
- 1 teaspoon cayenne
- 1/4 cup vegetable oil divided
- 1 onion medium, chopped
- 1 green bell pepper medium, chopped
- 2 garlic cloves finely chopped
- 1 California bay leaf Turkish or 1/2
- 1 3/4 cups reduced sodium chicken broth
- 28 ounces tomatoes
- 1 inch juice
- 10 ounces frozen corn
- 10 ounces lima beans frozen

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 155 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 51 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 250 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Brunswick Stew above. You can see more 18 chinese rabbit stew recipe Discover culinary perfection! to get more great cooking ideas.