

# Our State eats

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## Brunswick Stew

Yield: 8 servings.

- 4 tablespoons bacon drippings  
or 1 tablespoon olive oil
- 1 large sweet onion, finely  
chopped (about 1½ cups)
- 3 cloves garlic, minced
- 2 (15-ounce) cans fire-roasted  
tomatoes (undrained)
- 4 cups chicken stock
- ½ cup hickory-flavored  
barbecue sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons dark brown sugar
- ¼ teaspoon cayenne pepper
- 1 pound smoked pulled pork
- 1 pound roasted chicken breast, shredded
- 1 cup frozen white or yellow corn
- 1 cup frozen lima beans
- 1 teaspoon salt
- 2 teaspoons freshly ground black pepper

Add bacon drippings or oil to a large Dutch oven over medium-high heat. Add the onion and sauté until soft, about 5 minutes. Stir in the garlic and cook for 1 to 2 minutes; do not let garlic burn.

Stir in the tomatoes and their juice, chicken stock, barbecue sauce, Worcestershire, brown sugar, cayenne, pork, chicken, corn, lima beans, salt, and pepper.

Bring the mixture to a boil, then reduce to a simmer and cook over medium-low heat for 2 hours, stirring occasionally. Serve with cornbread or saltines.



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