# Traditional Brunswick Stew

## Mary Goen

## Ingredients

- 6 tablespoons (3 ounces) unsalted butter
- 1 1/2 cups chopped onion
- 1 tablespoon minced garlic, from about 3 or 4 garlic cloves
- 3 cups diced potatoes
- 1 1/2 cups frozen baby lima beans
- 2 cups frozen corn kernels
- 3 cups chicken stock
- 1 (14 1/2-ounce) can diced tomatoes
- 1 1/2 cups barbecue sauce
- 1 tablespoon Worcestershire sauce
- 2 tablespoons brown sugar, packed
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 to 1/2 teaspoon cayenne pepper
- 2 cups shredded or chopped, cooked chicken thighs
- 2 cups shredded, cooked pulled pork, or leftover pulled pork
- Cornbread or biscuits, for serving, optional
- Coleslaw, for serving, optional

## Directions

1. Gather the ingredients.
2. Melt the butter in a large Dutch oven over medium heat. Add the onion and cook, stirring frequently, until the onion is translucent.
3. Add the garlic and cook, stirring for 2 minutes longer. Add the potatoes, lima beans, corn, chicken stock, and tomatoes. Bring to a boil.
4. Cover, reduce heat, and simmer for about 25 minutes, or until the vegetables are tender.
5. Add the barbecue sauce, Worcestershire sauce, brown sugar, if using, salt, black pepper, cayenne, chicken, and pork. Mix well to combine.
6. Simmer, uncovered, for 15 minutes.
7. Serve with cornbread or biscuits, along with coleslaw on the side.

### Notes

- If using prepared pulled pork with barbecue sauce, use about 1 to 1 1/4 cups of barbecue sauce instead of the full amount.