



Brunswick stew. A traditional Southern dish which also has ties to Germany! It is typically served alongside BBQ. There are a million different versions and you can tweek it any way you'd like! Are you a fan?

4 celery ribs
2 carrots
1 medium onion
1 whole chicken
2 quarts water
2 tsp. salt
1 tsp. black pepper
1 lb. shredded pork
3/4 cup BBQ sauce
1/2 cup ketchup
1/4 cup Worcestershire sauce
2 cups peeled and chopped potatoes
1 (10 oz) package frozen lima beans, thawed
1 (16 oz) package frozen whole kernel corn, thawed
1 (16 oz) package frozen white shoepeg corn, thawed
1 cup mirepoix (diced celery, carrots, & onion sauteed in butter)
1 bay leaf
1 (28 oz) can whole tomatoes
Hot sauce to taste

Cut celery, carrots, and onion in half; combine vegetables, chicken, water, salt, and black pepper in a large stockpot. Bring mixture to a boil; reduce heat and simmer 1 hour or until chicken is tender.

Bone and shred chicken. Pour broth through a wire mesh strainer into a bowl, discarding vegetables; return broth to stockpot and add all remaining ingredients except hot sauce.

Bring to a boil, reduce heat, and simmer for 1 hour or until desired thickness. Remove and discard bay leaf before serving!

[Larry Kenneth Griggs](#) shared [Beaufort Online's](#) [photo](#).