

Brunswick Stew

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: Slow cook on medium for 5-6 hours or
on low for 8-10 hours.

Serves: 6 plus

CChints: This is a slow cooker stew.
Put it on in the morning and dinner
is ready when you get home. Liquid
Smoke adds a smoky flavor to this
dish. It can be found on the isle
with the BBQ sauce.



3 pounds skinless chicken thighs
1 cup frozen corn
1 cup baby lima beans
1 medium sweet onion, chopped like Walla Walla, Vidilia, Oso Sweet
2 stalks celery, chopped
28 ounce can diced tomatoes
1/4 cup sugar or Splenda®
16 ounce can Cream Corn
1/2 cup catsup
2 teaspoons prepared yellow mustard
1/2 cup of your favorite BBQ sauce
1 tablespoon Liquid Smoke
1/2 cup reduced fat chicken broth
8 ounce box Jiffy Cornbread® mix, made according to package directions plus 1/2 teaspoon
sugar or sweetener.
Optional : Butter for the cornbread

Get out your slow cooker. Rinse the chicken and cut off any excess fat. Add the chicken to the
cooker and wash all areas that came in contact with the raw chicken. Add the corn through
celery to the cooker and stir. In a large bowl combine the tomatoes through chicken broth. Stir
well and pour into the cooker.

Cover and cook over medium heat for 5-6 hours or over low heat for 8-10 hours.

The cornbread takes about 15 minutes and should be made right before serving the stew.
While the cornbread is baking, gently lift the chicken thighs out of the cooker and put on a
platter. Remove and discard the bones. Cut the chicken into bite size pieces and stir it back
into the stew.

Put the stew in serving bowls and serve with a piece of cornbreads and butter.