

Clark Neal's The Real Deal Georgia Brunswick Stew

- 1 whole chicken, roasted, deboned, and chopped
- 1 lb. smoked pork shoulder, chopped
- 1 lb. Laura Lynn baby lima beans, frozen
- 1 lb. Laura Lynn yellow corn, frozen
- 1 yellow onion, diced
- 1 (28 oz.) can Laura Lynn diced tomatoes
- 1 (28 oz.) can Laura Lynn crushed tomatoes in heavy puree
- 1 cup Laura Lynn original barbeque sauce
- 2 cups Harvest Farms Organic reduced sodium chicken broth
- 2 tbs. hot sauce
- 1 tbs. Worcestershire sauce
- 1 tbs. Laura Lynn apple cider vinegar
- 1 ½ tsp. kosher salt
- 1 ½ tsp. black pepper, finely ground
- 1 tbs. Laura Lynn olive oil

1. In a large, heavy dutch oven, add olive oil and sauté diced onion over medium high heat until translucent and slightly browned.
2. Add remaining ingredients to dutch oven, stir well to incorporate.
3. Continue heating ingredients on medium high until liquid starts to boil, then reduce to a simmer.
4. Place lid on dutch oven and simmer for 45 mins., stirring occasionally. Taste and adjust seasoning, if necessary. Stew is ready to serve when vegetables are tender and cooked through.