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## Southern U.S. Cuisine



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### Brunswick Stew III

#### *Origin Unknown*

- 1 pound chicken
- 3 quarts water
- 1 large onion
- 1/2 pound lean ham, lean, diced
- 2 pints tomatoes
- 1 pint lima beans
- 4 large Irish potatoes, diced
- 1 pint corn, frozen or fresh
- 1 tablespoon salt
- 1/4 teaspoon pepper
- 1 red pepper
- 3 ounces butter

Cut up a pound of Chicken and put it in a large pan with three quarts of water, one large onion, one half pound of lean ham, and simmer gently for two hours. Add two pints of tomatoes, one pint of lima beans, four large Irish potatoes diced, one pint of corn, one tablespoon of salt, one fourth teaspoon pepper, a small pod of red pepper. Cover and simmer gently for one more hour stirring frequently to prevent scorching. Add three ounces of butter and serve hot.

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