



Bubba's Brunswick Stew

(makes 4-6 servings)

1 large whole chicken, separated at joints & cut into stewing pieces
 2 large yellow onions, sliced
 1 cup lima beans (frozen)
 2 cups (6 stalks) fresh corn, sliced from cob (or frozen whole kernel corn)
 3 strips of thick-cut bacon, diced (or 4 strips of thin)
 8 mini red potatoes, halved
 1 can (28 ounces) diced tomatoes
 1 tablespoon corn starch
 2 tablespoons warm water
 salt & pepper, to taste



1. Rub chicken with salt & pepper and place in stock pot or cast iron Dutch oven along with the onions, lima beans and corn. Cover about 2/3 of the way with water.
2. Bring water to a boil and add bacon. Cover tightly and simmer for about an hour.
3. Add potatoes and tomatoes. Return to boil, cover and simmer for another hour.
4. Dissolve comstarch in water to form a smooth (no lumps) paste. Add enough cornstarch mixture to thicken. Add salt & pepper, to taste and simmer about 10-15 more minutes.



Chef's Notes: I've seen this stew prepared with any number of combinations of different meats and it lends itself well to wild game (venison, pheasant, duck, squirrel, possum, rabbit, etc.). Be adventurous and don't be afraid to try something new! Also, you may choose to thicken your stew with a cup of bread crumbs, rather than cornstarch.

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