

Brunswick Stew



1 ham bone (*preferably from a country cured ham*)
3 quarts water
1 stewing hen (*approx. 4 pounds*)
2 bay leaves
1 tsp. dried thyme or several sprigs fresh
6-7 stems parsley
2 celery ribs
2 small onions
½ tsp. black peppercorns
1 can diced tomatoes

1 large onion, chopped
3-4 medium potatoes, cubed
2 cups butterbeans or baby lima beans
2 can whole kernel corn, drained
1 18-oz. bottle sweet barbecue sauce (*recommend Kraft original*)
1 cup catsup
2 tsp. salt (*or to taste*)
1 tsp. red pepper flakes or 1 red chili pepper, chopped (*optional*)

Put the ham bone in a large cooking pot with the water. Bring to a boil, reduce the heat, cover and simmer for 1 hour. Add the chicken to the pot along with the bay leaves, thyme, parsley, celery, onions and peppercorns. Simmer, uncovered, until the chicken is cooked through and tender – approximately 1 ½ hours.

Note: Using the ham bone is optional, but it gives an extra smoky depth of flavor to the Brunswick stew. If you don't have a ham bone, you may start with the simmering of the chicken and aromatic herbs.

When tender, set the chicken aside until cool enough to handle. You may also prepare the recipe to this point and place the chicken and broth in separate containers in the refrigerator overnight.

Remove and discard the bones and skin from the chicken. Finely shred the chicken meat and return to the broth. Add the diced tomatoes, onion, potatoes, butterbeans or baby lima beans, corn, barbecue sauce, catsup, salt and red pepper flakes, if using. Add more water if needed to make a thick soupy stew. Cook for 45 minutes to 1 hour or until the vegetables are tender. Makes 15-18 servings.

Enjoy!

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