Bumpass-Style Brunswick Stew *by Debra K Roberts*

Prep: 20 mins **Cook:** 3-4 hours

Ingredients

- 3 cups organic *Chicken Broth*
- 2- 14.5 cans *Diced Tomatoes*
- 1- 8 ounce can *Tomato Sauce*
- 1 whole small *Onion*, Diced
- 1 *Jalapeno Pepper* sliced/diced
- 4 whole small *White Potatoes*, peeled and cut
- 1 *Sweet Potato*, peeled and cut
- 12 ounces, weight frozen *Lima Beans*
- 12 ounces, weight frozen or can *Corn*, thawed/drained and rinsed
- 12 ounces, weight frozen *Peas*
- 3 cups cube cut *Chicken,* white and/or dark meat (rinsed)
- 1 teaspoon *Turmeric*
- 1 teaspoon *Dill Seed*
- ½ teaspoon *Anise Seed*
- 1 ½ teaspoon *Ground Ginger* or 2-3 chunks of *Crystalized Ginger*
- 1-½ Tablespoon *Sugar*
- ¼ teaspoons *Salt*, or to taste (depends on how salty the broth is)
- *Black Pepper* to taste

Preparation

1. Add a small amount of Chicken Broth to bottom of Soup Pot, add cut up *Chicken, Onion* and *Jalapeno Pepper* cook till almost done. Add *Chicken Broth, Diced Tomatoes, Tomato Sauce* and stir.

2. Add seasonings, *Turmeric*, *Dill Seed*, *Anise Seed*, *Ground Ginger* or *Crystalized Ginger*, *Sugar*, *Salt*, *Black Pepper* and stir.

3. Add *White Potatoes & Sweet Potato,* bring to a boil, then lower heat to medium-low and simmer. The white potatoes will stay chunky, while the sweet potato will dissolve making for a sweeter creamier broth.

4. Add the remaining ingredients and bring to a boil. Cover, reduce heat to low, and simmer for at least 3 hours. The stew will be thick; add more broth to thin it if you'd like.

Note: This recipe would adapt itself very well for the slow cooker, (however the flavor will be different than cooking on a stovetop). Cook on low for 6-8 hours.

Sometimes we don't have all the ingredients listed, so especially with veggies, add what you have in the pantry or in the freezer. Fresh is always good too. Just adjust the timing to add them. Like broccoli, it might be something I would add on a whim but it would dissolve and fall apart before the rest of the soup was done simmering, so add it toward the end. Enjoy!