

Noreen's Kitchen Brunswick Stew

Ingredients

For Poached Chicken 3 lbs boneless skinless chicken breasts 2 chicken bullion cubes 1 Tsp. Sea Salt 1 Tsp Seasoned Salt 1 Tsp. Cracked Black Pepper 1 Tsp. Mrs. Dash 1 Tsp Poultry Seasoning	2 Medium Onions Chopped 3 Cloves Garlic Chopped 1 Cup Frozen Corn Niblets 1 Cup Frozen Baby Lima Beans 1 Cup Frozen Okra 2 14 ounce Cans Regular Stewed Tomatoes 1 14 ounce Cans Diced Tomatoes 1 Lb link of Smoked Sausage sliced and quartered OR Smoked Ham Diced 2 Tablespoons Worcestershire Sauce Additional water if needed
For Stew 2 Tbsp. Vegetable Oil (Not Olive Oil) 1 Cup Bell Pepper Diced 1 Cup Celery Sliced	

Step by Step Instructions

Place chicken breasts in saucepan (you can also choose to cook the chicken in an electric pressure cooker) cover with 4 cups water.

Add bullion cubes, sea salt, seasoned salt, cracked black pepper, Mrs. Dash and poultry seasoning to the pan.

Simmer for 45 minutes to 1 hour or until chicken is tender enough to shred.

Shred chicken reserve stock and set both aside.

Heat oil in a large stock pot, over medium heat.

Add in onions, garlic, peppers and celery and sauté until onions are somewhat translucent and peppers and celery are slightly softened.

Add in Tomatoes and stir to combine.

Add okra, corn and lima beans as well as 1/2 the stock. Stir to combine Bring to a simmer.

Add in Chicken and sausage along with remaining stock.

Add Worcestershire sauce. Simmer for 30 minutes until okra is soft and no longer crunchy.

Enjoy!