

Momma Has to Work Late Brunswick Stew

½ c green bell pepper, diced

2 tsp oil

1 – 12oz can Hickory Smoked Spam

1 – 12 oz can Oven Roasted Turkey Spam

1 – 14.5oz can stewed tomatoes, crushed

½ - 18oz bottle sweet and spicy BBQ sauce

1 – 18.5oz can condensed tomato soup

1 c onion, diced

½ - 14.5oz can sweet corn

1 – 29oz can mixed vegetables

2 c water

2 -chicken & tomato bouillon cubes

½ c seasoned rice wine vinegar

1 tsp black pepper



In a large Dutch oven sauté onions and peppers in oil until soft. Break up Spam into small bite size pieces. Add spam, corn, mixed vegetables, bouillon, stewed tomatoes, water, BBQ sauce, vinegar, black pepper and tomato soup. Simmer on medium for 30 minutes.

Serves 6 (with cornbread)

Momma has to work late and the kids need a nice hot meal. What's a daddy to do?

This easy and quick stew is sweet, hearty and has a little kick. The kids can even help fix dinner, and don't forget, Spam is a daddy's best friend.