

Seasonal Eating



Brunswick Stew

- 1 cup chopped onion
- 2 tablespoons bacon drippings
- 1 package boneless, skinless chicken breasts (about 2 pounds)
- Salt and pepper
- 3 cups water
- 2 (14 1/2-ounce) cans diced tomatoes
- 1/4 cup sherry
- 2 tablespoons Worcestershire sauce
- 1 pound frozen baby lima beans
- 1/2 cup frozen or fresh sliced okra
- 1 1/2 cups frozen or fresh corn kernels
- 2 tablespoons butter

In a large stockpot or Dutch oven, cook onion in the bacon drippings. Cut up the chicken into about 1" cubes. Sprinkle with salt and pepper. Add the chicken to the drippings and brown on all sides. Pour off excess fat. Add the water, tomatoes, sherry and Worcestershire sauce. Cook slowly over low heat for 1/2 hour. Add the lima beans, okra and corn. Simmer 1 hour. Add the butter and season with salt and pepper to taste. Let it simmer about another 1/2 hour.