

CHIP COOPER'S BRUNSWICK STEW RECIPE AND COOKING PROCEDURE

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Note: this recipe is designed to be as simple and easy to prepare as possible. We use a large, 6 quart crock pot. We add all ingredients and just let it cook.

In addition, this basic recipe is very low in fat. The only fat comes from the chicken breasts. If you want to add a little additional flavor to the recipe and don't mind a little additional fat, add some pork fat by pinching off some ground (and well seasoned) pork sausage and add this to the pot. The whole process takes about 5 1/2 hours.

Ingredients:

- 3-4 14.5 oz. cans Diced Tomatoes (with garlic and onion)
- 1-2 6 oz. cans Tomato Paste
- 1-2 14.5 oz. cans Lima Beans
- 1-2 14.5 oz. cans whole kernel Corn
- 1 large onion, chopped
- 1 pkg. shredded cabbage (prepared slaw mix)
- 3-4 large chicken breasts
- spices*

*Spices - You can be creative with your spices. Given that this is a low fat recipe, this is where most of the flavor comes from. I have used various combinations of salt, pepper, BBQ sauce, Worcestershire sauce, and hot sauce. I have occasionally used some of the rubs that I use on pork (the best is Cooper's BBQ Pig Rub). Any spice concoction that is designed for stews that has a sweet and spicy flavor would probably be good.

Recipe:

1. Boil the chicken breasts in a large pot for about 15-20 minutes. You may season the water with some salt and pepper, and you may sprinkle in some additional seasoning of choice. Once you get the pot going, go immediately to step 2 below.
2. Turn the crock pot on High (it will remain on High throughout the cooking process).
3. Add the full contents of the Diced Tomatoes. Drain 1 can each of corn and lima beans and add to the pot. Add the diced onion, about 1/2 of the shredded cabbage, and the spices.
4. When the chicken has boiled for 15-20 minutes, remove the chicken, save the chicken stock, and cool the chicken in cold water so you can pull the white meat without burning yourself. Pull the chicken in small pieces and throw it into the pot.
5. Stir the pot and begin the process of adding the final ingredients. Depending on how much room you have left in the pot and your personal preference, add any combination

of additional chicken stock, vegetables, and shredded cabbage. Add enough tomato paste so that the color of the stew changes from an anemic orange to a rich redish-orange color. Leave about 1/2 inch at the top of the pot so that the stew won't boil over. Stir well.

6. Allow the crock pot to cook on High for about 5 to 5 1/2 hours. Stir only occasionally. After a couple of hours taste test to see if you need to add additional spices.

7. When done, remove and refrigerate. The stew is always better when refrigerated and then reheated.