

CHIP'S BRUNSWICK STEW

Notes:

- This recipe is designed to be as simple and easy to prepare as possible. Use a large, 6 quart crock pot. Add all ingredients, and then just let it cook. It's really easy. It's best to cook at least 1 day before serving and refrigerate – the flavors meld together during refrigeration. Then warm and serve. Enjoy!
- This 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 14.5 oz. cans Diced Tomatoes (with garlic and onion)
- 1/2 6 oz. can Tomato Paste
- 2 14.5 oz. cans Lima Beans
- 2 14.5 oz. cans whole kernel Corn
- 1 large sweet onion, chopped
- 1 pkg. shredded cabbage (prepared slaw mix)
- 3-4 large chicken breasts
- 2 Tbs brown sugar
- 2 Tbs Montreal Steak Seasoning
- Salt and pepper to taste

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. Any spice concoction that is designed for stews that has a sweet and spicy flavor would probably be good.

Recipe:

1. Add Montreal Steak Seasoning to a large pot (not the crock pot) of water, and boil the chicken breasts for about 15-20 minutes. Once the pot starts boiling, go immediately to step 2 below.
2. Turn the crock pot on high (it will remain on high throughout the cooking process).
3. To the crock pot, add the full contents of the diced tomatoes. Drain the cans of corn and lima beans, and add to the crock pot. Add the chopped onion, the shredded cabbage, and the spices. (Don't worry about the cabbage; it adds flavor, and it completely disappears in the cooking process.) Option - if you want to add some sausage or bacon, this is the time to do it.
4. When the chicken has boiled for 15-20 minutes, remove the chicken, reserve the chicken stock, and cool the chicken in cold water so you can pull the white meat without burning yourself. Pull the chicken in bite size pieces, and add it to the crock pot.
5. Stir the crock pot and begin the process of adding the remaining ingredients. Depending on how much room you have left in the crock pot, add some of the reserved chicken stock, but don't completely fill the crock pot. Add tomato paste based on appearance, so that the color of the stew changes from an anemic orange to a rich reddish-orange color. Add the brown sugar and a small amount of the spices for starters (re-season later). Add additional reserved chicken stock to the crock pot, leaving about 1/2 inch at the top of the crock pot so the stew won't boil over. Stir well.

6. Now, cover the crock pot and just let it cook - allow the crock pot to cook on high for about 5 hours. Stir only occasionally. After a couple of hours, taste test to see if you need to re-season with additional spices, particularly salt and pepper.

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