Brunswick Stew
Yield: 6-8 oz. portions

1 lb. Boneless Chicken Thighs
2 Tbsp. Butter or Margarine
1 med. Onion, chopped
1 lg. Carrot, chopped
1 stalk Celery, chopped
2 cloves Garlic, chopped
2 Tbsp. Dry Sherry
2 c. Chicken Stock
1 Tbsp. Tomato Paste
1 Tbsp. Worcestershire Sauce
28 oz. Diced Tomatoes, canned, with juice
1 cup Potatoes, ¼” diced
10 oz. Baby Lima Beans, frozen
10 oz. Corn, frozen or fresh
1 cup. Ham, chopped
½ tsp. Tabasco Sauce
½ tsp. Salt
Parsley, chopped, for garnish

3. Add sherry and bring to a boil.
4. Add next 5 ingredients. Simmer until tender
5. Add beans, corn and meat. Simmer 5 minutes.