



## 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, ½" 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

1. Cook chicken thighs in 350° oven until done. Cool and chop.
2. Heat butter and add onions, celery, carrots and garlic. Sauté briefly.
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.
6. Add hot sauce and salt. Adjust seasonings if needed. Garnish with fresh chopped parsley.