

## Brunswick Stew by Lynn's Recipes

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Lynn demonstrates how to make a delicious, simple Brunswick Stew. This is great as a main dish or to use as a side dish for barbeque chicken, pulled pork, or any other type of barbeque. This makes a lot, so it is also a great stew to freeze in individual containers and use as needed for a quick lunch or dinner.

### Ingredients:

- 4 pounds pork tenderloin
- 4 chicken breasts
- 1 can cream corn
- 1 can whole kernel corn, undrained
- 2 cups chicken broth
- 3 (28 ounce) cans crushed tomatoes
- 1 cup barbeque sauce
- 2 Tablespoons Worcestershire Sauce
- 2 Tablespoons white vinegar
- 1 onion, chopped
- 3 Tablespoons sugar
- Salt and pepper, to taste
- Hot Sauce, optional

Cook the pork and chicken in a pressure cooker or cover with water in a large stockpot, bring to a boil and simmer until done and can be shredded with a fork.

Chop or shred the pork and chicken very fine -- or process in food processor and place in a large stockpot or large crock pot.

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Add all of the remainder of the ingredients. If cooking on the stove, bring to a boil, reduce heat to a simmer and continue cooking for 2 hours. If using the crock pot, place all ingredients in the crock pot and cook for about 4-6 hours until everything is hot and the flavors are all incorporated with one another. You can add hot sauce if you desire for additional heat.

Serve or place in freezer for future meals.

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