



V's Soul Warming Brunswick Stew

Directions

- Step 1:
- 8 c chicken stock
- ¼ c olive oil
- ½ tsp black pepper
- 1 tbsp champagne vinegar
- 2 lb ground beef (or ground italian sausage)
- 2 shallots, diced finely

Step 2:

- 1 can tomato paste
- 14 oz ketchup
- ⅓ c grainy mustard
- 8 tbsp worcestershire sauce

Step 3:

- 2 bags frozen corn

Step 4:

- 2 rotisserie chickens, deboned and roughly diced or pulled

Step 1: Add olive oil to pan and heat over medium heat. Add shallots and stir until they begin to soften. Add beef (or pork) to onion and quickly break up with spatula to grind and then add the rest of the ingredients before meat browns. Cook on low simmer for 45 minutes.

Step 2: Add step 2 ingredients, stir, and continue to simmer for 1 hour more.

Step 3: Stir in corn and let simmer for another 30 minutes.

Step 4: Stir in chicken and simmer another 45 minutes.

I love serving it with corn chips or corn bread! xxV

HOUSE OF VALENTINA