

Famous Alabama Camp Stew

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/best-jamaican-stew-pork-recipe>

Ingredients:

- 14 ounces diced tomatoes cans
- 14 ounces whole kernel corn
- 14 ounces butter beans baby limas, or limas
- 1 onion chopped
- 10 ounces pork bbq in sauce, I use Castlebury's
- 10 ounces beef bbq in sauce, I use Castlebury's
- 12 ounces chicken

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 85 milligrams
4. Fat: 12 grams
5. Fiber: 13 grams
6. Protein: 40 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 105 milligrams
9. Sugar: 9 grams

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