

# Old Fashioned Brunswick Stew

Yield: 18 min  
Total Time: 240 min

Recipe from: <https://www.recipeschoose.com/recipes/old-fashioned-southern-brunswick-stew-recipe>

## Ingredients:

- 1 ham bone preferably from a country cured ham
- 3 quarts water
- 4 pounds stewing hen
- 2 bay leaves
- 1 teaspoon dried thyme or several sprigs fresh
- 6 stems fresh parsley
- 2 rib celery
- 2 small onions
- 1/2 teaspoon black peppercorns
- 14 1/2 ounces canned diced tomatoes
- 1 large onion chopped
- 4 medium potatoes cubed
- 2 cups butterbeans or baby lima beans
- 19 ounces whole kernel corn canned, drained, two cans
- 18 ounces smoky barbecue sauce bottled sweet and, recommend Kraft original
- 1 cup catsup
- 2 teaspoons salt or to taste
- 1 teaspoon red pepper flakes or 1 red chili pepper chopped, optional

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 100 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 4 grams
8. Sodium: 840 milligrams
9. Sugar: 14 grams

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