

# Southern Brunswick Stew

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 1 onion diced
- 2 celery stalks diced
- 2 carrots medium diced
- 1 potato large white, medium diced
- 14 ounces jackfruit young green, shredded
- 2 cups low sodium vegetable broth
- 15 ounces diced tomatoes
- 3/4 cup bbq sauce I use Bone Suckin' brand
- 1 tablespoon dijon or yellow mustard
- 2 tablespoons vegan Worcestershire sauce
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon red pepper flakes
- 1 cup frozen corn
- 1 cup frozen peas or lima beans
- salt to taste

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 59 grams
3. Fiber: 9 grams
4. Protein: 7 grams
5. Sodium: 970 milligrams
6. Sugar: 29 grams

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