



Hillbilly CAST IRON Cooking

Brunswick Stew Crock-pot recipe

So tasty on a cold evening.

1 med. container BBQ. Pork chopped (Castleberry's canned

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12 oz. can white chicken breast

1 lg. onion chopped

28 oz. can diced tomatoes

$\frac{3}{4}$ c. ketchup

2 reg. cans cream style corn

2 reg. cans whole kernel sweet corn

1 cup baby butter beans or lima beans

$\frac{1}{2}$ tsp hot sauce

2 tbs. vinegar

$\frac{1}{4}$ tsp black pepper

Mix all ingredients in a large crock-pot. Cook on low for 8 hours.

Serve hot with saltines.