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
¾ c. ketchup
2 reg. cans cream style corn
2 reg. cans whole kernel sweet corn
1 cup baby butter beans or lima beans
½ tsp hot sauce
2 tbs. vinegar
¼ tsp black pepper
Mix all ingredients in a large crock-pot. Cook on low for 8 hours.
Serve hot with saltines.