

Brunswick Stew

Ingredients:

2 c. cooked chicken, shredded
2 (14.5 oz) cans diced tomatoes
1 c. frozen corn
1 c. frozen lima beans
1 T. Worcestershire sauce
1 tsp. garlic powder
1 tsp. onion powder
1 1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. cayenne pepper (optional)
Up to 2 cups water

Directions:

Mix all the ingredients in a medium to large stock pot. Do not drain the tomatoes when you add them. Add the water slowly and only enough to reach the consistency you desire. Simmer on low for 1 to 2 hours. (You can also cook this in a slow cooker on low for about 6 hours.)

Serves 6 to 8.