

A Sutherland Belle

Honk If You Love Jesus! Brunswick Stew

INGREDIENTS

- 2.5-3 pounds skinless, boneless chicken thighs
- 1 small yellow onion, chopped
- 3 cups chicken broth
- 28 oz fire-roasted crushed tomatoes (if you cannot find any crushed tomatoes, will work)
- 2 teaspoons salt
- 2 teaspoons pepper
- 2-3 teaspoons hot sauce
- 2-3 tablespoons white wine vinegar
- 1-2 tablespoons Worcestershire sauce
- 1 1/2 teaspoons liquid smoke
- 2 (15 oz can) butter beans, canned
- 2 (15 oz can) baby lima beans, canned
- 2 large potatoes, peeled and diced
- 2 (15 oz can) creamed corn
- 1 pound cooked pulled pork (optional)

INSTRUCTIONS

For Stove Top

1. In a large pot or Dutch oven, sauté the chopped onions in a little oil for a few minutes until they are translucent.
2. Place the chicken thighs on top of the onions and pour over the chicken broth. Add the salt, pepper, hot sauce, vinegar, and Worcestershire sauce then pour over the crushed tomatoes on top of the chicken pieces. Cover pot and cook for 20 minutes or until chicken is cooked.
3. Remove the chicken thighs from the pot and shred them apart with forks.
4. Drain the canned beans, and then mash only the butter beans. Add both the mashed butter beans and lima beans to the pot.
5. Add back the cooked chicken, peeled diced potatoes, creamed corn, and cooked pulled pork if using.
6. Cook for 20-25 minutes or until the potatoes are fork-tender.
7. Add more salt, pepper, and hot sauce to taste.

For InstaPot

1. Turn on the sauté function on your Instant Pot or other pressure cooker and sauté the chopped onions in a little oil for a few minutes until they are translucent.

2. Place the skinless bone-in chicken thighs on top of the onions and pour over the chicken broth. Add the salt, pepper, hot sauce, vinegar, liquid smoke, and Worcestershire sauce then pour over the crushed tomatoes on top of the chicken pieces and do NOT stir.
3. Lock the lid, turn the steam release vent to 'sealing', and using the manual or pressure cook settings, adjust it to cook for 8 minutes.
4. When the cooking time is up, allow the unit to reduce pressure on its own without opening the steam release vent (Natural Release) for 5 minutes, then carefully release the pressure and open the lid
5. Remove the chicken thighs from the pot and carefully remove the skin (discard) and meat from the bones and cut it into smaller pieces or pull it apart with forks.
6. Drain the canned beans, and then mash only the butter beans and add both the mashed butter beans and lima beans to the pot. *See note
7. Add back the cooked chicken, peeled diced potatoes, creamed corn, and cooked pulled pork if you use it.
8. Lock the lid, turn the steam vent to 'sealing' and using the 'manual' or 'pressure cook' button, adjust it to cook for 4 minutes.
9. When the cook time is up you can immediately open the vent to release the pressure, then serve the stew. Add more salt and pepper to taste.

**If your InstaPot is too small or liquid volume is too high for equipment, you can cook the remainder on the stove for 30 min or until potatoes are fork-tender.*