



From the kitchen of
The Ponderosa Lodge Farm &
Bed & Breakfast
www.theponderosalodge.com

Crockpot Brunswick Stew

- 1 can tomatoes, undrained, cut up
- 1 can tomato paste
- 3 cups chicken, cooked & cubed
- 1 package frozen succotash OR 1 package frozen okra, sliced
- 1 cup onions, chopped
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon pepper
- 1 dash ground cloves
- 2 1/2 cups chicken stock

In crockpot, stir together tomatoes and tomato paste. Add chicken, frozen succotash or sliced okra, onion, bay leaf, salt, rosemary, pepper and cloves. Stir in chicken broth. Cover; cook on low heat setting for 5 to 6 hours. Before serving, remove bay leaf and stir well.

Yield: Makes 6 servings