

## Brunswick Stew – Comfort du Jour

Brunswick stew is one of those comfort foods that tastes rich and hearty, but checks in on the low end of the fat-and-calories scale. Feel free to swap in other vegetables that suit your fancy—it's what folks do in different parts of the South and depending on where you are, you might find potatoes, green beans or carrots in the bowl.

### INGREDIENTS

1 deli roasted chicken, dark and white meat shredded\* (see notes)  
2 Tbsp. extra virgin olive oil  
1 yellow onion, chopped  
4 stalks celery, trimmed and chopped  
1 green bell pepper, seeded and chopped  
3 large cloves garlic, chopped  
15 oz. can diced tomatoes  
2 quarts chicken or vegetable broth  
1 bay leaf  
2 cups frozen corn  
2 cups frozen lima beans  
2 cups frozen sliced okra  
1/4 cup BBQ sauce  
1/4 cup tomato paste  
A few shakes hot sauce (optional)  
Salt and pepper to taste

### \*NOTES

If you prefer to roast your own chicken, more power to you! If you have time to work ahead, you might also want to make your own stock. Or you could make your own stock from the frame of the rotisserie chicken. After deboning and shredding the meat, toss the bones and skin into a pot with cut-up onions, celery, carrots and just enough water to cover it all. Simmer a few hours then strain out the solids, and you'd have a great alternative to the packaged broth, or at least some of it.

### INSTRUCTIONS

1. Place a large, heavy-bottomed pot over medium heat. Swirl in olive oil. Sauté onion, celery, bell pepper and garlic until vegetables are soft and onions are translucent. Season with salt and pepper.
2. Stir in tomatoes, tomato paste, shredded chicken and broth. Add bay leaf, reduce heat and simmer up to an hour. Adjust salt and pepper to taste.
3. Add frozen corn and lima beans, but reserve frozen okra until about 30 minutes before serving, to prevent the okra from breaking down too much. Give it one more taste for seasoning.
4. Stir in BBQ sauce (and hot sauce, if using). Add the okra.
5. After you stir in the okra, watch for the bright green color to fade a bit, and as soon as they are tender, it's ready to serve!