

CHOWANING TAVERN BRUNSWICK STEW

(from Laura Kavanaugh)

1 Stewing hen, 6 lb. or 2 broilers 3 lbs. each
2 large onions, sliced
2 cups okra, sliced
4 cups fresh tomatoes or 2 cans 1 lb each
2 cups lima beans, fresh or frozen
3 medium potatoes, diced
4 cups corn, fresh or frozen
3 tsp. salt
1 tsp. pepper
1 Tbls. sugar

Simmer chicken in 3 qts. of water for thin stew or 2 qts. of water for thick stew for 2 1/4 hours.
Save stock.

Remove chicken to plate and remove skin, discard. Remove chicken from bone and set aside.

Add vegetables and simmer uncovered until tender, stirring occasionally.
Add chicken and seasonings.

Serve with French or Italian bread or Saltines.