Lisa Brescia



Squirrels are safe with this brunswick stew

Ingredients:

1 pound duck breast smoked and diced

1 pound smoked sausage cubed

1 large onion diced

3 cloves garlic minced

4 cups bone broth

14.5 oz can fire roasted diced tomatoes

1 cup ketchup

1 cup bbq sauce'2 cups butter beans

2 cups corn

2 tablespoons Worcestershire sauce

2 tablespoons apple cider vinegar

2 tablespoons brown sugar

1 teaspoon hot sauce

duck fat

2 tablespoons smoked paprika

Directions:

smoke meats until done

Saute onions in duck fat until translucent

add the garlic and saute for one more minute

add paprika

pour in broth, tomatoes, ketchup, bbq sauce, Worcestershire sauce, vinegar and brown sugar,

bring to a boil and boil for a couple of minutes

add butter beans and corn.

bring mixture back to a boil then lower and simmer for 20 minutes.

add the smoked sausage and duck and simmer for another 20 minutes.

Spencer McKay

"Never Lost a Tailgate" Brunswick Stew



Servings and Serving Size

- **Servings:** 12 servings
- **Serving Size:** 1.5 cups

Ingredient List

- 2 (28-ounce) cans crushed tomatoes
- 4 cups pork stock
- 3 cups beef broth
- 3 cups shredded cooked chicken breast
- 3 cups shredded cooked pork shoulder
- 2 cups frozen diced potatoes
- 2 cups frozen corn kernels
- 2 cups frozen lima beans
- 1 medium yellow onion, diced
- 1 cup Redneck BBQ Lab's N.C. Vinegar "Sawse"
- 2 tablespoons butter
- 1 tablespoon vegetable oil

Preparation Method

Melt the butter with the vegetable oil in a large stockpot over medium heat. Add the diced yellow onion to the pot. Saute, stirring frequently, until the onions are soft and browned.

Pour the pork stock into the large stockpot to deglaze the bottom, stirring to scrape up any browned bits. Add both cans of crushed tomatoes to the pot and stir well to combine.

Dump the frozen diced potatoes, frozen corn kernels, and frozen lima beans into the tomato mixture. Stir the ingredients thoroughly. Cover the stockpot with a lid and bring to a simmer over medium-low heat to allow the vegetables to soften and flavors to meld.

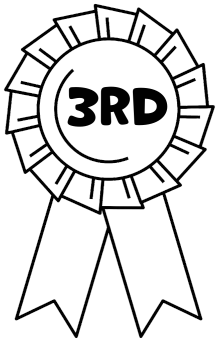
Remove the lid and add the shredded cooked chicken breast and shredded cooked pork shoulder to the mixture. Fold the proteins gently into the stew. Pour in the beef broth until all the meat and vegetables are fully submerged. Simmer uncovered over low heat, stirring occasionally.

Pour 0.75 cup of Redneck BBQ Lab's N.C. Vinegar "Sawse" directly into the stew. Stir well and continue to simmer over low heat until the stew is thick and hearty.

Ladle the hot stew into wide, deep soup bowls. Serve immediately as a main course or as a classic southern barbecue side dish. Provide the remaining 0.25 cup of Redneck BBQ Lab's N.C. Vinegar "Sawse" on the side for guests to add a personal splash of extra heat and tang.

Allow any leftover stew to cool completely at room temperature. Transfer the remaining stew into a tightly sealed container and store in the refrigerator, or freeze.

Jennifer Currie



Bold & Savory Brunswick Stew

Classic three-meat Brunswick stew with a kick

Ingredients:

- 4 Tbsp butter
- 3 cloves garlic
- 1 large onion – diced fine
- 4 cups chicken stock
- 28 oz can fire roasted tomatoes
- 14 oz can sweet corn
- 14 oz can green beans
- 14 oz can lima beans
- 3 cups yellow potatoes – ~~diced~~ sliced and cooked
- 12 oz vinegar based bbq sauce
- 2 Tbsp Worcestershire sauce
- ½ tsp cayenne pepper
- ½ pound prepared pork bbq – chopped
- ½ pound prepared beef brisket – chopped -from Fat Boys BBQ
- ½ pound prepared rotisserie chicken – pulled off the bone
- Salt and pepper to taste

Equipment:

- Large stock pot or Dutch oven

Directions:

1. In a large Dutch oven, over medium heat, melt butter and sauté garlic and onions.
2. Add remaining ingredients (except for the three meats).
3. Stir and bring to a boil.
4. Reduce heat to medium low and simmer for 2 hours.
5. Add meats to stew. Stir to combine.
6. Simmer an additional 30 minutes.

Ronald Pender

Granddaddy's Old Time Brunswick Stew

This recipe has been passed down from generation to generation in my family. It was cooked each year at the end of tobacco season in a 25 gallon cast iron pot over open flame. It was always served with a dollop of slaw on top. Give it a try, you might like it. This stew was cooked in a 12 gallon cast iron pot over gas.

Ingredients

2.5 pounds beef ribs

4 pounds boneless beef stew

3.5 pounds dried small butterbeans (soak overnight)

4 pounds Chicken Thighs

10 pounds potatoes

2.5 pounds onions chopped

96 oz. (3qts.) crushed tomatoes

½ gallon tomato juice (64 oz.)

½ gallon corn (64 oz.)

1 pound margarine

1 pound sugar

½ cup salt

Black and red pepper to taste.

Add cool water to pot and heat. When water starts to boil add all meat (ribs, stew beef, and chicken). Cook until chicken starts to shred. Add beans and cook until they start to break apart. Add potatoes and cook until softened and start to break apart. Add tomatoes and tomato juice, cook until blended. Add corn and onions. Then add seasonings (sugar, salt, pepper and red pepper). Last add margarine and cook until thickened. Do a taste test to make sure it doesn't need more seasoning. Add more seasoning if needed. Remove from heat when it has reached the desired thickness.
vine

Slaw Ingredients

½ head of cabbage
½ teaspoon Vinegar
½ teaspoon Sugar
2 tablespoons Mayonnaise

Chop cabbage, add vinegar, sugar and mayonnaise and stir.

Kate Schnabel-Jones

Dawn to Dinner Brunswick Stew

Cooking Utensils:

20-gallon Cast Iron Cauldron
Large Wooden Canoe Paddle

Ingredients:

5 gallons water

9 whole, bone-in chickens
7.5 lbs beef
6 lbs pork

15 lbs potatoes, peeled and diced
9 lbs onions, diced
3.5 lbs carrots, diced

7 (28oz) cans peas
7 (28oz) cans tomatoes
7 (28 oz) cans corn
10 (15oz) cans lima beans

4 handfuls salt, plus more to taste
2 handfuls pepper
2 handfuls red pepper

Cooking Instructions:

6:30 am: Boil about 5 gallons of water in the cauldron. Once boiling, add whole chickens. Once cooked, add pork and beef and cook until tender. Remove chicken bones as they float. Keep the water boiling and use the large canoe paddle to stir for about three (3) hours.

9:30 am: Add potatoes, onions, and carrots. Cook until edges begin to round off potatoes and carrots (or until tender). Then lower heat to simmer for two (2) hours. Stir the stew occasionally, using the flat edge of the canoe paddle to bring solid contents to the surface.

Enlist friends to chop stew contents, using the paddle as a cutting board. While chopping, search for stray bones and gristle, then discard.

11:30 am: Add peas, tomatoes, corn, and lima beans. Season with 4 handfuls of salt, 2 handfuls of pepper, and 2 handfuls of red pepper. Stir the stew, occasionally lifting the contents to the surface and chopping to preferred consistency. Simmer for four and a half (4.5) hours or until you can't wait any longer.

4:00 pm: Enjoy with cornbread and 143 of your closest friends!

Recipe makes about 18 gallons or 144 servings
(adapted from Jerry Underwood's Top Secret Brunswick Stew Recipe)

Logan Cason

Wagyu Brunswick Stu

[redacted] Makes 4 qts

NC State Fair Home Chef Challenge 2026

Ingredients

- 8oz pork ribeyes
- 3 ears of corn, shucked
- 16oz thick-cut hardwood smoked bacon
- 1 large yellow onion, diced
- 3 stalks celery, diced
- 1 bulb garlic, minced
- 16oz cherry tomatoes grown in my garden
- Half a can of chipotle in adobo sauce, chipotle diced
- 8oz boneless, skinless chicken thighs
- 16oz fatty Wagyu beef, ground
- 3 cups homemade chicken stock
- 1 cup Carolina Gold Middlins

Steps

1. Smoke the pork ribeyes and ears of corn over low-heat coals and cherry wood for 3-4 hours
2. Remove ribeyes and corn, remove corn from ears, and set all aside
3. Cook bacon in a 100 year-old cast iron Dutch oven that your grandfather gave you
4. Remove bacon and dice, but keep the grease in the pot
5. Add the diced yellow onion and celery to the hot bacon grease and let cook for a minute or two
6. Add minced garlic and heat until fragrant
7. Remove all vegetables from pot and set aside, leave any remaining bacon grease in the pot
8. Add chicken thighs to pot and sear on both sides
9. Remove chicken thighs and set aside
10. Add ground Wagyu beef to pot and cook until mostly browned
11. Add pork ribeye, corn, bacon, onions, celery, garlic, chicken thighs, cherry tomatoes, chipotle and adobo sauce, and chicken stock to pot and cover
12. Bring all to a boil, then lower to simmer for 2 hours, stirring infrequently
13. Cook Carolina Gold Middlins separately in a rice cooker
14. After 2 hours, stir to break up the pork and chicken, then add rice and continue to simmer for additional 30 minutes
15. Serve with corn honey muffins your spouse made

Xernay Aniwar

Silk Road Brunswick Stew

Makes 6-8 servings

Beef

- 1.5 lbs stew meat (chuck beef, large cubes)
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 teaspoon red pepper flakes

1. Season the meat with cumin, salt, and pepper. Heat an Instant Pot to "saute" setting and sear meat until brown on all sides. About 4 minutes per side.
2. Add 1 cup of water to the Instant Pot with the meat, and cook for 20 minutes on high pressure. When time is up, let the pressure release on its own for 10 minutes before opening.

While the meat is cooking, prepare the base of the soup:

Aromatics

- 1 tablespoon of olive oil
- 1 jalapeno, **seeds and ribs removed**, minced
- 6 scallions, **greens and whites separated,** thinly sliced
- 4 garlic cloves, minced
- 2 teaspoons fresh ginger, minced
- 1.5 teaspoons Sichuan peppercorns, **seeds and stems removed,** crushed

Vegetables

- 2 carrots, chopped
- 2-3 large potatoes, chopped
- 1 cup green beans, chopped
- 2 stalks of celery, chopped
- 1 green bell pepper, chopped
- 1 (14 oz) can diced tomatoes

Liquids

- 4 cups water
- 4 teaspoons chicken bouillon powder
- 1 tablespoon Chinese black vinegar

1. Heat oil in a large pot over medium heat. Add all "aromatic" ingredients **except for the scallion greens**. Saute until fragrant.
2. Stir all "vegetable" ingredients into the pot. Saute about 1 minute.
3. Add "liquid" ingredients to the pot. Bring mixture to a simmer, then turn heat to low and let it cook for 20 minutes.
4. When the beef is cooked, shred it with 2 forks and add meat and juices from Instant Pot to your stew. Continue simmering for another 5-10 minutes or until potatoes are fork-tender.
5. Scoop out about 1 cup (or more, if you prefer your stew thick) of potatoes and mash with a fork. Add back into the stew. Season to taste with salt and red pepper flakes.
6. Top with remaining scallion greens and serve.

Amy May

"STEW-PENDOUS" Brunswick Stew Home Chef Challenge

Garden Goodness

If it came out of the garden, Daddy put in the soup pot, along with anything else that happened to catch his eye. The ingredient amounts varied with every pot made, but the taste always came out as warm & yummy comfort food.

Ingredients:

3 cups V8 tomato juice

1 can (14oz) Beef Broth

2 cups Shredded Pork

1 cup Shredded Beef

1 cup each: Celery, Carrot, Potato (chopped)

1 cup each: Corn, Butter Beans, Green Beans, Peas, Kidney Beans

½ cup Onion, chopped + ½ Cup Sweet Potato, chopped

3 Tbsp. Barbeque Sauce

2 Tbsp. Worcestershire Sauce

1 Tbsp. Sat

2 Tsp. Pepper

½ Tbsp. Garlic Powder

Combine all ingredients into a crockpot/ slow cooker.

Cook on low until vegetables are tender and hot (min 4 hrs)

Emma Gates

Bone Broth Brunswick Stew

Prep time: 10 minutes
Cooking time: 1 hour
Servings: 12

1/4 cup butter
1 cup diced yellow onion
2 cloves garlic, minced
¼ cup of water
4 tbsp tomato paste
1 (14 1/2-ounce) can diced tomatoes, undrained
1 cup frozen lima beans
8 cups chicken bone broth
2 cups of frozen corn
2 cans of great northern beans one drained and rinsed
1 teaspoon hot sauce
1/2 teaspoon black pepper
1 teaspoon kosher salt
1/4 teaspoon dried thyme
1/2 teaspoon cayenne pepper
2 tsp of woschestershire
2-3 cups of chicken, chopped
BBQ sauce TO TASTE for a hint of sweetness

Step one: melt the butter in a large pot or Dutch oven. Brown chicken in the melted butter on all sides, 5 minutes each side. While the chicken is cooking, chop up your onions and garlic.

Step two: remove chicken and set aside. Add in chopped onions and all spices, add water and scrape up any brown bits for flavor! sauté all together for 5 minutes. Add garlic and sauté for another 2 minutes.

Step three: add tomato paste and stir together. Deglaze with the bone broth.

Step four: add in the cans of beans, frozen Lima beans, and corn. Bring to a simmer.

Step five: chop up the chicken and add into the stew. Season with Worcestershire and bbq sauce balancing for sweetness and acidity.

Karen Allen

COZY KETTLE BRUNSWICK

INGREDIENTS

1½ pounds Chicken breast, cooked and shredded

1½ pounds Pulled pork, cooked and shredded

4 cups Chicken broth

1 large Green pepper, chopped

1 medium Onion, chopped

2 cups chopped Celery.

2 (15oz) Cans of Contadina Roma Tomato Sauce

2 medium Potatoes, peeled and diced

1 cup fresh or frozen Corn

1 cup fresh or frozen Okra

1 cup fresh or frozen Lima beans

1 teaspoon Hot sauce, or to taste

2 teaspoons Allspice seasoning

1 teaspoon Hungarian Paprika

2 tablespoons honey (optional)

DIRECTIONS

1. In a large stainless-steel pot or Dutch oven, combine the shredded chicken, pulled pork, and chicken broth. Bring to a simmer over medium heat.

2. Add tomato sauce, pepper, celery, onions and mix well.

3. Add the potatoes, corn, okra, and lima beans and Allspice and paprika.. Stir to combine.

4. Reduce the heat to low and simmer gently for about 1 hour, or until the potatoes are tender and the stew thickens to your liking.

5. After about 45 minutes of cooking, stir in hot sauce and honey, if using. Stir gently.

6. Stir occasionally.

7. Serve warm inside a cornbread bowl.

8. Refrigerate leftovers and reheat on stove..

9. Do not keep longer than 4 days after cooking. Make up to 10-15 4oz serving depending on bowl size.

Rhonda Haynes

Uncle Sam's Favorite Brunswick Stew

Serving size: 8 quarts

Ingredients:

Meat:
2 pounds Chicken
2 pounds Beef
2 pounds Pork
Note: The ratio of beef, pork, and chicken is up to you. We make this with 6 pounds of chicken sometimes and it comes out great.

Everything else:
2 large (28oz) cans Diced Tomatoes
4 cups Frozen Butter Beans or 2 (15oz) cans of Butter Beans
6 large Potatoes cut into 1-inch cubes
2 large Onions chopped
1 (15 oz) can Sweet Corn
2 (15oz) cans Creamed Corn
2 sticks of Butter
1/3 cup Apple Cider Vinegar
1/3 cup Sugar then add more to taste
1/4 cup of Worcestershire Sauce (optional) *
1 dash of Red Pepper then add more to taste (optional)
1 dash of Black Pepper then add more to taste
1 Tbs of Salt to start, then add more to taste

Instructions:

Meat – Boil the meat the night before in a large pot with enough water to cover everything. Boil for about an hour or so. Low boiling is preferred. When finished, allow it to cool. When the meat is cool enough, remove it from the pot. Save the cooking liquid. Shread the meat in a large bowl and set aside. Strain the cooking liquid and set it aside. Rinse cooking pot.

Everything else – On medium heat add the 2 sticks of butter and chopped onions and sauté until they soften. Then add the 2 cans of diced tomatoes, the butter beans, chopped potatoes, sweet corn, creamed corn, the 1/3 cup of vinegar, 1/3 cup of sugar, black pepper, red pepper, and salt. Heat until boiling. Add the meat to the pot. Then take the saved meat cooking liquid and add enough back to the pot to barely cover the contents of the pot. If you don't have enough leftover cooking liquid, just add water as needed. Cook on low heat, stirring frequently. This is important! You don't want the stew to stick to the bottom of the pot.

If you use frozen butter beans, check them for doneness after about 45 minutes. You can also add salt, sugar, and pepper to season the stew to your preference.

* We do not add Worcestershire sauce to our stew though the original recipe calls for it. Also, we thought that ¼ cup seemed like a lot, so the one time we did add it, we used much less and just felt the stew was better without it.

Serve in a cup or bowl with crackers, cornbread or loaf bread on the side. Some people like to add Hot sauce.

Store in the refrigerator for 3-4 days. Freeze for up to 3 months.