

Cleo's Brunswick Stew

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

Yield: 1 gallon

*1 3-pound chicken
1 pound lean beef
1 pound lean pork (or one meaty ham bone), cubed
1 1/2 teaspoons salt
1 teaspoon pepper
2 medium onions, chopped
4 cans (16 ounce ea) tomatoes
5 tablespoons Worcestershire sauce
2 cups ketchup
3/4 cup chili sauce
1 tablespoon Tabasco sauce
2 bay leaves
1 teaspoon dry mustard
1/4 cup butter
3 tablespoons vinegar
2 cans (16 ounce ea) small butter beans
12 ears fresh corn, scraped OR two cans (17 oz) cream-style corn
1 can (16 ounce) small english peas
1 pound fresh okra OR one pkg (10 oz) frozen okra, sliced
3 Irish potatoes, peeled and diced*

Place the chicken, beef and pork in a large, heavy pot. Season with salt and pepper. Add the chopped onions and cover with water. Cook for two to three hours, until the meat falls off the bones. Remove the chicken and bones. Cool. Discard the bones.

Shred the chicken and return to the pot. Add the tomatoes, Worcestershire sauce, ketchup, chili sauce, Tabasco, bay leaves, dry mustard and butter. Cook for one and one-half to two hours, stirring occasionally.

Add the vinegar, beans, corn, peas, okra and potatoes. Cook slowly until thickened, about one hour.

Per Serving (excluding unknown items): 4296 Calories; 269g Fat (55.8% calories from fat); 277g Protein; 201g Carbohydrate; 19g Dietary Fiber; 1296mg Cholesterol; 11166mg Sodium. Exchanges: 0 Grain(Starch); 36 Lean Meat; 8 Vegetable; 30 Fat; 10 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	4296
% Calories from Fat:	55.8%
% Calories from Carbohydrates:	18.6%
% Calories from Protein:	25.6%
Total Fat (g):	269g
Saturated Fat (g):	97g
Monounsaturated Fat (g):	102g
Polyunsaturated Fat (g):	37g
Cholesterol (mg):	1296mg
Carbohydrate (g):	201g
Dietary Fiber (g):	19g
Protein (g):	277g
Sodium (mg):	11166mg
Potassium (mg):	8942mg
Calcium (mg):	425mg
Iron (mg):	32mg
Zinc (mg):	27mg
Vitamin C (mg):	473mg
Vitamin A (i.u.):	31697IU
Vitamin A (r.e.):	5111RE

Vitamin B6 (mg):	6.5mg
Vitamin B12 (mcg):	23.2mcg
Thiamin B1 (mg):	1.7mg
Riboflavin B2 (mg):	3.0mg
Folacin (mcg):	499mcg
Niacin (mg):	90mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	36
Vegetable:	8
Fruit:	0
Non-Fat Milk:	0
Fat:	30
Other Carbohydrates:	10

Nutrition Facts

Amount Per Serving

Calories	4296	Calories from Fat: 2398
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% Daily Values*

Total Fat	269g	413%
Saturated Fat	97g	484%
Cholesterol	1296mg	432%
Sodium	11166mg	465%
Total Carbohydrates	201g	67%
Dietary Fiber	19g	78%
Protein	277g	
Vitamin A		634%
Vitamin C		788%
Calcium		43%
Iron		180%

* Percent Daily Values are based on a 2000 calorie diet.