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# Eastern Kentucky Burgoo

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**16 ounces lamb, cut into medffium chunks**  
**16 ounces beef, cut into medium chunks**  
**16 ounces chicken, cut into medium chunks**  
**8 ounces bacon, diced**  
**1 onion, diced**  
**1 red pepper, diced**  
**3 carrots, diced**  
**2 stalks celery, diced**  
**4 cloves garlic, minced**  
**20 ounces canned tomatoes**  
**32 ouncrs potatoes, diced**  
**16 ounces corn**  
**bunch thyme**  
**1 cup brown sugar**  
**chicken stock, enough to cover the meat**  
**1/4 cup Worcestershire sauce**  
**salt (to taste)**  
**pepper (to taste)**  
**cornstarch**

In a skillet, brown all of the meat in small batches, one meat at a time. Remove from the pan. Once all of the meat is seared off, place it all back in the pan. Add enough chicken stock to cover. Simmer until the meat is tender.

In a separate large soup pot, render the bacon over medium heat. Add the diced onion, pepper, carrots, celery and garlic. Sweat the vegetables for 5 to 10 minutes.

Add the brown sugar, tomatoes, corn, potatoes, Worcestershire sauce and the meat/soup mixture to the pot. Continue to simmer until everything is tender.

After the burgoo finishes cooking, whisk in enough cornstarch slurry (a mixture of two parts cold water to one part cornstarch) to thicken the stew as needed.

## **Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 8206 Calories; 333g Fat (36.2% calories from fat); 365g Protein; 957g Carbohydrate; 85g Dietary Fiber; 1046mg Cholesterol; 6200mg Sodium. Exchanges: 49 Grain(Starch); 37 1/2 Lean Meat; 13 Vegetable; 42 Fat; 10 Other Carbohydrates.*