**Brunswick Stew**

* 2 tbsp. Canola oil
* 2 tbsp. Butter
* 2 tbsp. dry rub
* 1 tsp. black pepper
* 2 tbsp. tomato paste
* 1 Clove garlic - minced
* 1 large white onion – diced
* 4 cups potatoes – diced 1” square
* ½ cup ketchup
* ½ cup bbq sauce
* 4 cups chicken stock – 1 box
* 1 15oz. can diced tomatoes
* 1 15oz. can corn
* 1 15oz. can lima beans
* 1 15oz can green beans
* 2 cups pulled chicken
* 2 cups pulled pork

Heat the oil and butter in a Dutch oven. Add the onions and cook until the onions sweat down and are clear. Add the garlic and dry rub. Cook for another 3 minutes.

Add the chicken stock, vegetables, tomato paste, black pepper and bring to a boil. Boil for 3-4 minutes. Reduce to a simmer.

Add the potatoes, cover the pot and simmer for 20 minutes. After 20 minutes add the chicken, pork, ketchup and bbq sauce and simmer for 10-15 minutes before serving. Don’t overcook the potatoes.

Makes 16 – 1 cup servings. Should be enough for 12-14 people as a main dish with cornbread or biscuits as a side dish.