



Get a Husband Brunswick Stew



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



16

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup hickory barbeque sauce flavored
- ☐ 44.3 ounce regular corn cream style canned
- ☐ 43.5 ounce tomatoes whole with liquid, chopped peeled canned
- ☐ 2 stalks celery chopped
- ☐ 1 bell pepper green
- ☐ 1.5 pounds ground beef
- ☐ 1.5 pounds ground pork
- ☐ 1 cup catsup

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onions chopped
- ☐ 16 servings salt and pepper to taste
- ☐ 3 pound meat from a rotisserie chicken shredded whole cooked

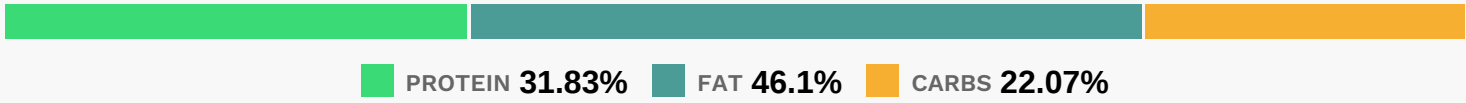
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the olive oil in a large skillet, and saute the onions and celery until soft.
- ☐ Mix in the pork and beef, and cook until evenly browned. Do not drain.
- ☐ Transfer the pork and beef mixture to a large stock pot over low heat. Stir in the shredded chicken, tomatoes and their liquid, ketchup, and barbeque sauce. Season with salt, pepper, and hot sauce.
- ☐ Place the whole green pepper into the mixture. Cook, stirring occasionally, 2 hours, or until thickened.
- ☐ Stir the cream style corn into the stew mixture. Continue cooking 1 hour, or to desired consistency.
- ☐ Remove the green pepper; chop and return to the stew or discard.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:20.348695745935%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 475.88kcal (23.79%), Fat: 24.56g (37.79%), Saturated Fat: 8.35g (52.2%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 24.24g (8.82%), Sugar: 11.2g (12.44%), Cholesterol: 124.6mg (41.53%), Sodium: 857.48mg (37.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.15g (76.31%), Vitamin B3: 11.98mg (59.89%), Selenium: 38.44µg (54.92%), Vitamin B6: 0.85mg (42.33%), Phosphorus: 370.8mg (37.08%), Zinc: 4.6mg (30.69%), Vitamin B1: 0.45mg (29.96%), Vitamin B12: 1.45µg (24.24%), Vitamin B2: 0.41mg (24.08%), Potassium: 785.13mg (22.43%), Vitamin C: 18.22mg (22.09%), Iron: 3.45mg (19.15%), Vitamin B5: 1.61mg (16.1%), Magnesium: 60.39mg (15.1%), Folate: 55.21µg (13.8%), Copper: 0.22mg (10.87%), Manganese: 0.19mg (9.47%), Fiber: 2.21g (8.85%), Vitamin E: 1.21mg (8.09%), Vitamin A: 333.18IU (6.66%), Calcium: 60.43mg (6.04%), Vitamin K: 6.19µg (5.9%)