

# TIM FARMER'S COUNTRY KITCHEN

## BRUNSWICK STEW

*Olive oil*  
*1 yellow sweet onion, chopped*  
*4 cups beef stock*  
*28 ounces diced tomatoes*  
*1-2 cups pulled pork*  
*1 cup pulled chicken*  
*6-8 red potatoes (boiled and chopped)*  
*1 cup butter beans or lima beans*  
*1 cup okra*  
*1 cup sweet corn*  
*Dry rub*  
*1 bay leaf*  
*Tellicherry pepper*  
*Sea salt*  
*1/3 cup bbq sauce*



Cook onion in olive oil in large pot until translucent. Add in rest of ingredients and stir to combine. Reduce to simmer, cover and cook until thickened.