






Slow Cooker Brunswick Stew

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Ingredients

1 tablespoon vegetable oil 
3/4 cup ketchup 
1/2 cup cider vinegar 
1 tablespoon hot sauce 
1/2 tablespoon ground black pepper , undrained
1 cup frozen lima beans, thawed

Directions

Heat the vegetable oil in a skillet over medium heat, and brown the ribs on all sides. Transfer to a slow cooker. Place onion in the skillet, cook until tender, and transfer to the slow cooker.

Place the chicken in the slow cooker, and mix in tomatoes, ketchup, steak sauce, cider vinegar, Worcestershire sauce, hot sauce, lemon, chicken bouillon, and pepper.

Cover, and cook 6 hours on High. Remove ribs, discard bones, and shred. Return meat to slow cooker. Mix in corn and lima beans, cover, and continue cooking 2 hours on High.