

## **Slow Cooker Brunswick Stew**

- 1 pound boneless skinless chicken (breast or thighs)
- 1 14.5 ounce can stewed tomatoes with liquid
- 1 14.5 ounce can diced tomatoes with liquid
- 1 cup frozen lima beans
- 1/2 cup frozen corn
- 1 cup frozen roasted potatoes with bell pepper and onion (I used Trader Joe's)
- 2 cups homemade or low sodium chicken broth
- 1/4 teaspoon cayenne pepper
- 3 or 4 shakes Tobasco sauce
- Ground black pepper, to taste
- 1 tablespoon Worcestershire sauce
- 2 tablespoons spicy barbecue sauce (I used Stubb's Spicy)

Add all ingredients to a slow cooker, and stir to combine. Cook on low 8 hours or high 4 to 6, depending on your cooker. When done, shred chicken with a fork in the pot, then serve.