Mama’s Homemade Brunswick Stew

A Southern Family Favorite Passed Down with Love

YOU GOT ANYTHING COOKED? | Family Recipes • Southern Comfort Food • Slow Cooker

Approximately 10 servings • A favorite for fall and winter

A Little Taste of Home

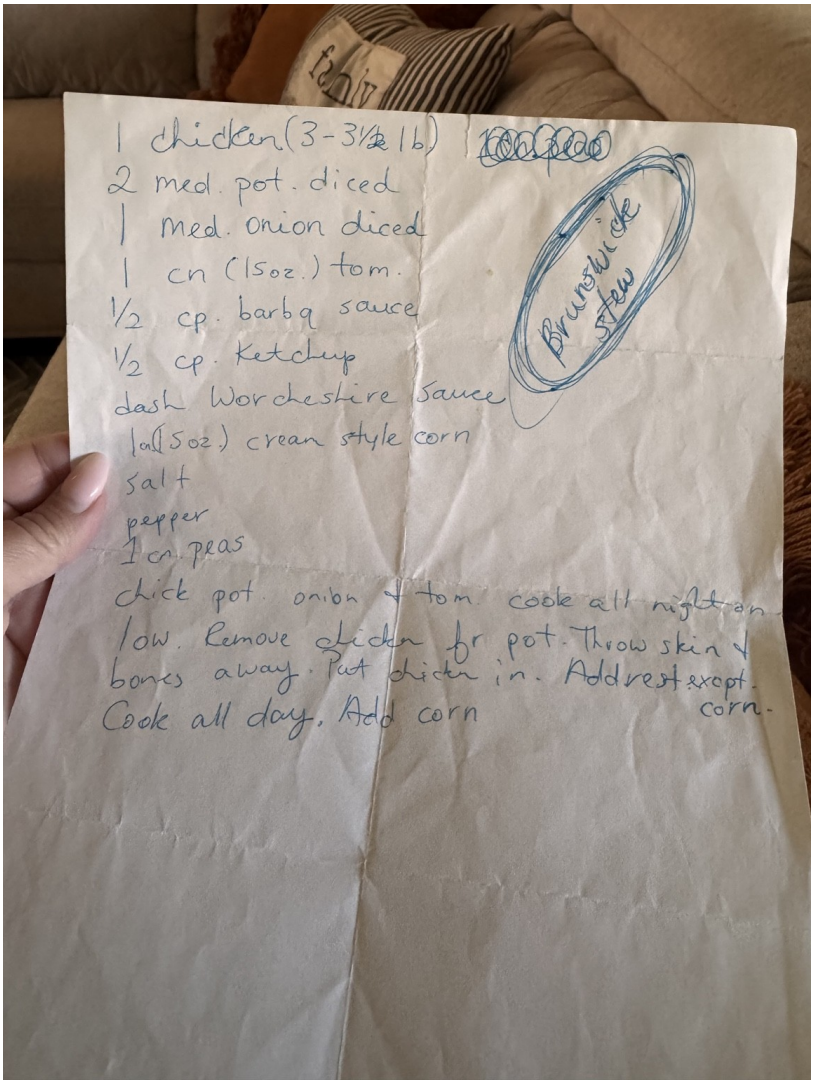
Some recipes are more than just something good to eat. They’re family traditions, sweet memories, and a little taste of home. This homemade Brunswick stew is one of those recipes for me.

Passed down from my mother, this hearty Southern stew has become one of my daughter’s favorites, too! I look forward to making a big pot every fall and winter, especially when the weather starts cooling down and we’re craving something warm and comforting.

Made with tender chicken, potatoes, tomatoes, peas, sweet corn, and just the right amount of barbecue flavor, this is Southern comfort food at its finest. And the leftovers are something to look forward to—the flavors grow richer after a day in the refrigerator!

A Recipe Written with Love

This is my mother’s Brunswick stew recipe, written in my own handwriting many years ago as she told me how to make it. The handwriting is mine, but the recipe and the knowledge behind it came straight from Mama. I’ve held on to it all these years, and now it’s one of my daughter’s favorites, too. Mama’s recipe, my handwriting, and a family tradition that continues through generations.



The original recipe, written in my handwriting as Mama shared her instructions.

Ingredients

- 1 whole chicken (3–3½ pounds)
- 2 medium potatoes, diced
- 1 medium onion, diced
- 1 can (15 oz) tomatoes
- ½ cup barbecue sauce
- ½ cup ketchup
- A dash of Worcestershire sauce
- 1 can (15 oz) cream-style corn
- 1 can peas (can size not specified in the original), drained
- Salt, to taste
- Black pepper, to taste

Cooking Instructions

1. Start the stew
Place the chicken, diced potatoes, onion, and tomatoes in the slow cooker. Cook on LOW until the chicken is fully cooked and tender.

2. Prepare the chicken
Remove the chicken, discard the skin and all bones, and shred the meat. Return the chicken to the pot.

3. Add the flavor
Stir in barbecue sauce, ketchup, Worcestershire sauce, peas, salt, and pepper. Leave out the cream-style corn for now.

4. Let it simmer
Continue cooking on LOW for several hours to let the flavors come together.

5. Finish with cream-style corn
Stir in the cream-style corn during the last 20 minutes of cooking. Heat thoroughly.

6. Serve and enjoy
Ladle into bowls and enjoy with cornbread or crackers.

Mama's original method: Cook the chicken, potatoes, onion, and tomatoes overnight on LOW; remove the chicken to discard skin and bones; return the meat, add everything except corn, and cook throughout the day. Add corn at the end. For food safety, use thawed chicken, follow the slow cooker manufacturer's timing guidance, and check that chicken reaches 165°F. Refrigerate promptly between stages if making ahead.

Mama's Kitchen Tips & Family Secrets

Fresh tomatoes add something special
Canned tomatoes work just fine, but fresh, ripe tomatoes add a lovely garden-fresh flavor.

Homemade BBQ sauce takes it up a notch
If you have homemade barbecue sauce, use it! It adds your own signature sweet, tangy, smoky flavor.

Cream-style corn is the secret
Adding the cream-style corn at the end gives the stew that thick, nostalgic consistency I remember from traditional Brunswick stew. Don't skip it!

The leftovers are worth looking forward to
After a night in the refrigerator, the flavors mingle and develop an even richer, heartier taste.

A fall and winter tradition
There's nothing quite like a big pot of Brunswick stew when the weather turns chilly.

A family favorite for generations

Mama shared this recipe with me, and now it's one of my daughter's favorites. That makes every pot especially meaningful.

Estimated Nutrition & Macros

Approximate amounts per serving, assuming 10 servings. These are rough estimates—not laboratory-tested or calculated from exact brands and cooked chicken yield.

Calories	~300 kcal
Protein	~25 g
Total carbohydrates	~33 g
Total fat	~9 g
Dietary fiber	~4 g
Saturated fat	~2.5 g
Cholesterol	~75 mg
Total sugars	~14 g
Sodium	~650 mg plus added salt
Potassium	~650 mg

Nutrition varies substantially with chicken yield, sauce brands, the size of the peas can, salt, and serving size. For publication as a formal nutrition label, recalculate using exact ingredient brands and weights.

What Makes This Stew Nourishing?

- Protein from chicken supports muscle maintenance and helps make this a satisfying meal.
- Peas, corn, potatoes, onions, and tomatoes contribute dietary fiber and a variety of nutrients.
- Tomatoes provide lycopene; potatoes contribute potassium and vitamin C; peas provide folate and plant protein.
- Chicken contributes B vitamins and iron.
- For lower sodium or added sugar, choose lower-sodium canned vegetables and a barbecue sauce with less added sugar.

Dietary Notes

Typically dairy-free, depending on ingredient brands. Can be gluten-free when the barbecue sauce, Worcestershire sauce, and other packaged ingredients are verified gluten-free. Contains added sugars if sweetened sauces are used.

Storing & Reheating Leftovers

Transfer to shallow containers and refrigerate within two hours. Refrigerate for 3–4 days, or freeze for 2–3 months for best quality. Reheat leftovers to 165°F. The next-day bowls are especially delicious!

From Mama's Kitchen to Mine

This recipe will always hold a special place in my heart. It was passed down from my mother, and now it's one of my daughter's favorites. That's what I love most about cooking—the way a simple family recipe can carry memories from one generation to the next.

Every fall and winter, I look forward to pulling out my slow cooker and making another big pot of Mama's Brunswick stew. Some of the most cherished recipes aren't fancy. They're the ones passed down with love, made from simple ingredients, and remembered long after the bowls are empty.

From my family's kitchen to yours, I hope this stew brings warmth, comfort, and wonderful memories to your table.

You Got Anything Cooked? Well, now you do!

Website Publishing Details

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