Brunswick Stew

ingredients:

3 chicken breasts 2lbs pork roast

1 large can diced tomatoes* frozen butter beans

2 cans creamed corn*

frozen corn*
chicken broth*
1 onion, diced*

ketchup* BBQ sauce* tobasco sauce*

1 onion, diced* cider vinegar* 2 potatoes, diced

directions:

Boil chicken in broth, remove chicken & ½ of broth (reserve). Shred chicken. Cook & shred pork. Add with chicken to broth. Add tomatoes, potatoes, onion & butterbeans, cook over medium heat until potatoes are tender. Add ketchup, tobasco, BBQ sauce, & vinegar to taste. Add both types of corn shortly before serving (corn will stick to the pot).

*indicates must use ingredient

the ecrets of Southern Girl

www.southerngirlsecrets.com

Ankaritas

ingredients:

2 cups sweet & sour mix

2 1/3 cups orange juice

1 cup sweetened lime juice

2 1/3 cups sprite

directions:

Add all of these to your favorite pitcher & mix well. For best results, fill a drink shaker with ice, add a shot (or half...you know, to taste) of orange liqueur and a shot (or 2...to taste) of tequila, then top off with mixer.. Pour over ice in a salt-rimmed glass. YUMMM!

the ecrets of a Southern Girl
www.southerngirlsecrets.com

Cornbread

ingredients:

- 2 eggs
- 2 cups buttermilk
- 2 cups cornmeal
- 1 tsp salt
- 1 tsp baking soda

directions:

Preheat oven (and cast iron skillet) to 425°. Mix it all up (I typically mix wet together first, then add in the dry). Pour into preheated skillet. Bake for 20 minutes, until golden brown on top.

the Secrets of a Southern Girl

www.southerngirlsecrets.com