

Chicken stew

4 pounds chicken pieces, or one large stewing chicken.

5 cups chicken stock

1 28 ounce can diced tomatoes or two quarts of home canned tomatoes

3 large potatoes, peeled and cubed about half inch

2 cups onion, chopped

5 carrots, peeled and cut into 2 inch lengths and 3 celery ribs, chops

2 cups butter beans or lima beans fresh or frozen

2 cups corn fresh or frozen

2 bay leaves

Half teaspoon rosemary

1 teaspoon thyme

1 teaspoon cayenne pepper

Half teaspoon black pepper

3 cloves garlic minced

1 cup okra optional

Place chicken in large pot and add water to cover. Bring to a boil and reduce heat, cover, simmer until chicken is cooked and tender, about one and a half hours. Reduce meat from bones and cut into large bite size pieces. Skim off fat from broth; measure out and save 5 cups broth.

Return skimmed broth to pot, add the vegetables and simmer for about 15 minutes or until vegetables are heated through and just beginning to soften. Return chicken to pot and add okra if using. Continue to simmer for about 5 more minutes.

pack hot stew into hot jars, leaving 1-inch headspace. Process quarts for 90 minutes pints for 75 minutes at 10 psi adjusting for your altitude makes 6 quarts.