



Kentucky Burgoo Recipe



Serves: 10-12

Cook Time: 2 hours 30 mins

Burgoo is a thick stew that's made with various meats and vegetables. It's a traditional Kentucky dish that's often served at the Kentucky Derby

Ingredients

- 2 tablespoon canola oil, divided
- 2- (8 ounce) Creekstone Farms Top Sirloin Cut Filets, cut into 1- inch cubes
- ½ pound Cheshire Heritage Farms pork loin, cut into 1-inch cubes
- ½ pound Heartland Foods boneless turkey breast, cut into 1-inch pieces
- 1 quart chicken stock, divided
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 large onion, cut into 1-inch pieces
- 2 large carrot, cut into 1-inch pieces
- 3 garlic cloves, minced
- 2 Idaho baking potatoes, peeled cubed ½ inch
- 1 cup fresh or frozen cut okra
- 1 cup Heartland Foods frozen corn
- 1 cup fresh or frozen butter beans
- 1 tablespoon chopped fresh parsley
- A couple sprigs of thyme
- 2 tablespoons dark brown sugar
- 3 tablespoons cider vinegar
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 (14.5-ounce) can diced tomatoes, undrained

Instructions:

1. In a large Dutch oven over medium-high heat, heat 1 tablespoon of oil. Working in batches, sauté beef, pork, and turkey, 5 minutes or until browned. Remove meat from pan. Repeat the procedure with remaining oil, beef, pork, and turkey until all has been browned. Remove from pan
2. Add 2 cups broth, salt, ¼ teaspoon black pepper, scraping pan to loosen browned bits. Add beef mixture, remaining broth, onion, bell pepper, carrot, and garlic to the pan. Bring to a boil. Reduce heat, and simmer, uncovered, 1 hour or until beef is tender, stirring occasionally.
3. Add the potato, beans, corn, okra, thyme, and 1 tablespoon parsley. Bring to a boil. Reduce heat, and simmer for 30 minutes or until the potato is tender. Stir in remaining ¼ teaspoon black pepper, sugar, and the remaining 4 ingredients. Simmer for 30-minutes or until mixture is thick.