

Our State eats

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Appalachian Burgoo

Yield: 8 to 10 servings.

- 3 tablespoons vegetable oil, divided
- 1 pound ground pork sausage
- 1 small white onion, chopped
- 1 medium red bell pepper, chopped
- 6 chicken thighs, skin on
- 4 cups water, divided
- 3 whole bay leaves
- 2 pounds chuck roast, cut into 2-inch cubes
- 1 pound bone-in country-style ribs
- 1½ cups frozen lima beans
- 1 pound Yukon gold potatoes, cut into 1-inch cubes
- ½ pound carrots, peeled and chopped
- 1 (28-ounce) can crushed tomatoes
- ½ cup Worcestershire sauce
- 2 tablespoons firmly packed light brown sugar
- 1 tablespoon hot sauce
- 1 teaspoon kosher salt, plus more to taste
- 1 teaspoon black pepper, plus more to taste

In a large Dutch oven over medium heat, warm 1 tablespoon oil. Add sausage, onion, and bell pepper, and stir frequently until sausage is browned, about 8 minutes. Transfer sausage mixture to a large bowl. Set aside.

Increase heat to medium-high and add remaining vegetable oil. Place chicken in oil, skin side down. Cook until browned, about 10 minutes. Flip chicken; add 3 cups water and bay leaves to pot. Reduce heat to medium-low. Cover and cook until chicken is cooked through, about 25 minutes.

Remove chicken from pot and place in a bowl to cool. Add chuck roast, ribs, and remaining 1 cup water to pot. Cover and simmer for 1 hour.



Once chicken has cooled, shred meat, discarding skin and bones. Stir in sausage mixture. Cover and refrigerate until ready to use.

Add lima beans to pot. Cover and continue cooking for 20 minutes. Remove ribs; shred meat, discarding bones, and return meat to pot. Stir in sausage mixture, potatoes, carrots, and tomatoes. Cover and cook until potatoes are tender, about 30 minutes.

Stir in Worcestershire, brown sugar, hot sauce, and salt and pepper to taste. Simmer on lowest setting until ready to serve. Burgoo will continue to thicken as it cooks.

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