

*Southern Delight®*

## ***Bart's Famous "Bowling Green Style" Burgoo***

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### *An Easy Low-Sodium Recipe*

*(don't let the number of ingredients intimidate you!)*

#### **INGREDIENTS**

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|--|---|
| 3 lb. Smoked Pork Barbecue*              | 1 C. Smoky Pecan Peppercorn Marinade                    |
| 1 Tbs. Black Pepper                      | 5 Tbs. Southern Delight Classic No-Salt-Added Seasoning |
| 2 Tbs. Salt                              | 3 12oz. cans Petite Diced Tomatoes                      |
| 1 28oz. can Tomato Puree                 | 1 Head Cabbage, chopped                                 |
| 1 Bunch Celery (diced)                   | 3 lbs. quartered small New Potatoes                     |
| 1 1lb. bag Frozen Corn                   | 1 1lb. bag Frozen Lima Beans                            |
| 1 1lb. bag Frozen Okra                   | 1 1lb. bag Frozen Sliced Carrots                        |
| 1 12oz. bag Frozen Bell Peppers          | 1 12oz. bag Frozen Onions                               |
| 2 red Chile peppers (seeded and chopped) | 1/4 Bunch Parsley (chopped)                             |
| 1 Gallon Water                           |   |
| * Without Barbecue Sauce                 |   |

#### **DIRECTIONS**

Combine all ingredients, except Parsley. Bring to a boil and boil slowly for 30 min., reducing heat to a simmer. Simmer for 2 hours, or until all vegetables are tender. Add Parsley 15 min. before serving. Salt to taste. Freezes wells. It's simply delightful! Makes 3 1/4 gallons. Enjoy!

***Southern Delight...the Low-Sodium Choice for a Healthier America!***

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