

Traditional Kentucky Burgoo

This is my version of a traditional Kentucky stew recipe my brother brought back after going to school in Louisville. A favorite on Derby Day or any day!

Recipe by Martin Stevens | Created on **Dec 27, 2021**

Ingredients

- 3 tablespoons olive oil
- 1 pound cubed pork shoulder roast
- 1 pound cubed beef stew meat
- 4 cups chicken broth
- 1 ½ pounds bone-in chicken parts
- 2 cups diced potatoes
- 1 cup diced carrots
- 1 (15 ounce) can stewed tomatoes
- 1 cup smoky barbeque sauce
- 1 cup green beans
- 1 cup diced okra
- 1 cup corn
- ¾ cup diced onion
- 1 green bell pepper, seeded and diced
- ½ cup diced celery
- ¼ cup apple cider vinegar
- 1 tablespoon Worcestershire sauce
- 3 cloves garlic, chopped
- 3 bay leaves
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 dash hot pepper sauce, or to taste

Directions

- Heat olive oil in an 8-quart pot over medium heat; brown pork and beef cubes in the hot oil, working in batches if necessary.
- Stir in chicken broth, chicken pieces, potatoes, and carrots. Bring to a boil, reduce heat to low, and simmer stew for 1 hour.

- Stir in stewed tomatoes, barbeque sauce, green beans, okra, corn, onion, green bell pepper, celery, apple cider vinegar, Worcestershire sauce, garlic, bay leaves, salt, black pepper, and hot pepper sauce.
- Bring stew back to a boil, reduce heat to low, and simmer 1 more hour.
- Discard bay leaves before serving stew in bowls.

Nutrition Facts

Serving: **12 servings** | Calories: **361.2 kcal** | Carbohydrates: **21 g** | Protein: **21.7 g** | Saturated fat: **6.3 g** | Cholesterol: **83.3 mg** | Sodium: **635.5 mg** | Fiber: **2.7 g** | Sugar: **8.9 g**

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