Slow Cooker Brunswick Stew

1 pound boneless skinless chicken (breast or thighs)
1 14.5 ounce can stewed tomatoes with liquid
1 14.5 ounce can diced tomatoes with liquid
1 cup frozen lima beans
1/2 cup frozen corn
1 cup frozen roasted potatoes with bell pepper and onion (I used Trader Joe's)
2 cups homemade or low sodium chicken broth
1/4 teaspoon cayenne pepper
3 or 4 shakes Tobasco sauce
Ground black pepper, to taste
1 tablespoon Worcestershire sauce
2 tablespoons spicy barbecue sauce (I used Stubb's Spicy)

Add all ingredients to a slow cooker, and stir to combine. Cook on low 8 hours or high 4 to 6, depending on your cooker. When done, shred chicken with a fork in the pot, then serve.

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