

Three Sisters Stew

SERVES 4



INGREDIENTS:

- 2 T olive oil
- 1/2 medium onion, diced
- 2-4 cloves garlic, minced
- 1.5 cup s (or 1/2 small) winter squash, peeled, de-seeded and diced
- 1 tsp each of cumin and chili powder
- 1/2 tsp each of oregano and salt
- 1/4 tsp ground black pepper
- 1 can diced tomatoes
- 1/2 cup dried beans or 1 c. cooked
- 1/2 cup sweet corn kernels
- 1 and 1/2 cups of water or broth

DIRECTIONS:

1. Prep all ingredients, including cooking dried beans (see below).
2. Heat olive oil in pot over medium-high heat. Add onion, garlic, squash, and spices and sauté for 5-7 minutes.
3. Add tomatoes and juice, cooked beans, corn, and water or broth. Stir until combined and bring to a boil.
4. Reduce to a simmer and allow stew to cook for 10-15 minutes or until squash is tender.
5. Serve with toppings of your choice! We recommend cilantro, hot sauce, grated cheese, and/or sour cream. Goes great with cornbread!

How to cook dried beans

PRE-SOAKING DIRECTIONS: Different beans have different soak times, but we like to soak ours for 4-8 hours or overnight. If you are cooking dinner, start soaking when you wake up. Add enough water to cover the beans. Beans double in volume, so only fill the pot halfway!

COOKING DIRECTIONS: Drain and rinse your beans then put them back in the pot and cover with 2 inches of fresh water. If you soaked your beans, they will need less time to cook, about 1-3 hours. If you didn't soak your beans, you'll need to cook for longer, 4-6 hours. Only season with salt and spices at the end. Continue to add water to cover the beans so they don't burn.

Legend of the three sisters

There are many different versions of this Native American legend, but all are based on three important crops—corn, beans, and squash—who grow better when they grow together in the same field. Corn is tall gives support the bean vines, while squash plants spreads along the ground with spikey leaves to protect the other two from hungry animals.



When the sisters disappear in the story, they are being harvested for food at different times during the summer and fall. They are reunited inside peoples homes because they are crops that store well over the winter. When fresh vegetables are not available, corn, beans, and squash provide nutritious and comforting meals such as this stew, all winter long.