



### **Native American “Three Sisters” Stew**

1-1/2 pounds roasted butternut squash chunks\*  
2 Tablespoons corn or olive oil  
1 large onion, peeled, chopped  
4 to 5 garlic cloves, minced  
1/2 sweet bell peppers; red, yellow, and green  
    Cut into 1-1/2 inch thin strips  
1 (14 oz.) can fire roasted diced tomatoes with juice  
4 cups cooked or drained, rinsed canned Anasazi or pinto beans  
2 cups fresh or frozen corn kernels  
1 cup vegetable stock or water or as desired  
1 small red hot chile, minced  
1 (4 oz.) can diced mild green chilies  
2 teaspoons ground cumin  
2 teaspoons medium hot chili powder  
1 teaspoon dried oregano  
salt and ground black pepper to taste  
1/2 cup minced fresh cilantro

Prepare squash, see directions below; set squash chunks aside.

Place oil in large soup pot until hot; add onion; sauté over medium heat until softened; add garlic; cook 1 to 2 minutes longer. Add squash and all ingredients except the last two; bring to a boil; reduce heat; cover; cook simmering for 20 to 25 minutes or all vegetables are tender. Season with salt and black pepper.

If possible, set stew aside for 1 or 2 hours before serving to blend flavors; reheat as needed. Before serving; stir in the cilantro. The stew will be thick; add liquid if desired. It should be moist but not soup consistency. Serve warm. Yield: 8 to 10

**\*To Prepare Squash:** Bake whole squash in foil at 375 degree F oven to soften for cutting in half lengthwise; place halves in baking dish cut side up; bake until tender crisp. Remove; cool; remove; discard seeds and fibers; cut inside squash into cubes. It will take about 40 to 50 minutes. Squash can also be purchased already cut into chunks. Place 1-1/2 pounds in medium size microwave safe bowl with about 3 to 4 Tablespoons water in bottom. Cook in microwave oven for about 7 minutes, turning once or twice until tender crisp.

**Recipe Inspired by:** <http://www.vegkitchen.com/recipes/three-sisters-stew/>

### **Native American mythology:**

The three sisters are Corn, Beans, and Squash. They are seen as the three beautiful sisters because they grow in the same mound in the garden. The Corn provides a ladder for the Bean Vine. They together give shade to the Squash. The Cherokee till the mound three times. The Native American story of the Three Sisters varies from tribe to tribe.

To read the legends: see: <http://www.birdclan.org/threesisters.htm>

**About the Recipe:** This delicious vegetable stew is packed with chili flavor and chunks of squash, beans, and corn. Onions, peppers, chilies, garlic, and fire roasted diced tomatoes enhance the flavor of this rich side dish that can be served for special holidays like Thanksgiving or as a main dish for a vegetarian supper.

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