



“Three Sisters” Bean Chili

PREP TIME & COOK TIME: 40-45 MIN

READ MY LIPS Winning Recipe by Gloria P. of Indiana

INGREDIENTS

- 2 tablespoons avocado or olive oil
- 1 cup chopped onion
- 1 cup chopped mixed red and green sweet bell peppers
- 1 (14.5 oz) can petite diced tomatoes with liquid undrained
- 1 (15.5 oz) can pinto beans with liquid
- 1 cup frozen corn kernels
- 1 (15 oz) can READ® 3 Bean Salad
- 1 cup vegetable stock, or as needed
- 2 tablespoons maple syrup plus 1 tablespoon for drizzle, divided

- 2 teaspoons chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon ground black pepper
- 1 pound roasted or cooked butternut squash cut into approximately 1-inch squares or to size desired
- 1 cup chopped fresh parsley or cilantro

DIRECTIONS

Makes 6 servings

1. Add avocado or olive oil to large saucepan or Dutch oven. Add onion and bell pepper. Cook over medium heat until softened and beginning to brown, about 8 minutes. Add diced tomatoes with liquid, pinto beans with liquid and corn kernels.

2. Drain liquid from 3 Bean Salad. Add Bean Salad, 1/2 cup vegetable stock, 2 tablespoons maple syrup, chili powder, cumin and black pepper. Bring to a boil over medium heat.

3. Stir cooked butternut squash. Add 1/2 cup vegetable stock or as needed for desired or chili consistency. Season with salt and black pepper to task. Stir in chopped parsley or cilantro. Drizzle about 1 tablespoon maple syrup over hot chili before serving.

About the Recipe: “Three Sisters” Bean Chili provides powerhouse nutrition, highlighting the classic benefits of Native American’s gardening techniques using corn, beans, and winter squash. It’s an innovative dish that supplies a complete protein. Seneca Foods “READ Brand” – classic 3 Bean Salad helps save a few steps, making it easier to prepare this lightly spiced, delicious Vegan supper chili.



For a Video Link:

See: <https://www.readsalads.com/three-sisters-bean-chili/>