



THREE SISTERS STEW

Servings: 10

Ingredients

- 6 cups butternut squash, diced
- 4 tablespoons canola oil
- 2 cups onions, diced
- 2 tablespoons garlic, minced
- 2 cups red bell peppers, julienned
- 1 tablespoon jalapeno, minced
- 1 tablespoon smoked paprika
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 3 cups low-sodium vegetable stock
- 16 ounces fire-roasted tomatoes, canned, diced
- 3 cups canned pinto beans, drained, rinsed
- 2 cups frozen corn kernels
- 1/4 cup cilantro, chopped

Directions

Preheat the oven to 400 F.

Add the butternut squash and 2 tablespoons of canola oil to a bowl. Toss to coat and lay out evenly on a baking tray. Place in the oven and roast for 15 minutes. Remove from the oven and set aside.

Heat the remaining 2 tablespoons of canola oil in a heavy-bottom stockpot. Add the onions and sauté over medium-low heat until translucent, 5 to 6 minutes. Add the garlic and sauté until the onions are golden, 3 to 4 minutes. Add the red peppers, jalapeno, smoked paprika, cumin, oregano, salt and pepper. Sauté for 5 to 6 minutes, stirring constantly.

To the stockpot, add the vegetable stock, bring to a simmer and then add the fire-roasted tomatoes, pinto beans and corn kernels. Return to a simmer. Reduce the heat to low, add the reserved roasted butternut squash and cook for 1 hour.

Remove the stew from the heat and stir in the cilantro. Keep hot until ready to serve.

Side dishes

Wild Rice Pilaf
Sautéed Kale



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