

CAFE THOMPSON RECIPE

THREE SISTERS STEW

Three Sisters Stew is a traditional Native American dish that centers on corn, beans and squash. These crops have been grown together for centuries in a symbiotic agricultural system where the corn provides a structure for the beans to climb, the beans fix nitrogen in the soil and the squash leaves shade the ground to retain moisture.

SERVES 6



INGREDIENTS

- 2 teaspoons olive oil
- 1 teaspoon garlic cloves, minced
- 1/3 cup onion, diced
- 1 cup butternut squash, diced
- 1/2 cup red bell peppers, julienne sliced
- 1/2 teaspoon jalapeno, minced
- 1/2 teaspoon paprika, smoked
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup vegetable broth
- 3 ounces tomatoes, diced, in juice
- 1/2 cup dried pinto beans, cooked
- 1/3 cup whole-kernel corn
- 2 teaspoons cilantro, chopped

DIRECTIONS

Heat the oil in a heavy-bottom stock pot. Add the garlic, onion and butternut squash, and sauté for 4 minutes. Add the red bell pepper, jalapeno, smoked paprika, cumin, oregano, salt and pepper. Sauté for 6 minutes, stirring constantly.

To the pot, add the vegetable broth and bring to a simmer, and then add the tomatoes, pinto beans and corn, and cook for 15 minutes.

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

Side dishes

Steamed Rice

Butter Garlic Green Beans



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