

Three Sisters Stew

Serves 6

Nutrition per serving – calories: 242

fat: 7 g (saturated: 1g, unsaturated: 5g), carbohydrates: 41g, protein: 8g, fiber: 10g, sugar: 10g

When Native Americans grew corn, they planted beans at the base of the stalk, which served as natural beanpoles. In between the stalks they grew squash. The corn, beans and squash lived harmoniously – hence the name ‘three sisters.’

This hearty vegetable stew is great served with shredded cheese and diced avocados.

2 tablespoons extra-virgin olive oil
1 medium onion chopped
1 red or green bell pepper
3 cloves garlic
1 tablespoon chili powder
1-2 chipotle peppers with 1 tablespoon adobo sauce
1 teaspoon ground cumin
1 teaspoon dried oregano
½ teaspoon cinnamon
14-ounce can diced tomatoes
2 cups water
1½ pounds butternut squash (or other winter squash), peeled and cut into ¾ inch pieces (about 3 cups)
15-ounce can kidney beans, drained and rinsed
1 ½ cups fresh or frozen corn (2 ears fresh)
Salt and pepper

In a large pot or Dutch oven, heat oil over medium-high heat until just shimmering. Add onion and pepper and sauté until beginning to soften, about 5 minutes. Add garlic, spices and chipotle pepper and adobo sauce, and cook until fragrant, about 1 minutes.

Add diced tomatoes, water, squash, beans and corn and bring to a simmer. Lower heat to medium-low and gently simmer until squash is tender, about 20-30 minutes. Season to taste with salt and pepper. Serve with diced avocados and grated cheese if desired.