



Three Sisters Stew

Ingredients

1 tbsp oil
1 large onion (red, yellow or white),
diced
3-4 garlic cloves, minced or ½ tsp
garlic powder
4-6 cups water or low-sodium
vegetable broth
1 cup corn or kernels from 3 ears of corn
2 cups winter squash (butternut, acorn)
or summer squash, diced
2 cans diced tomatoes (regular or fire-
roasted) or 4 cups fresh tomatoes, diced
1 can tomato sauce, no salt added
(15 oz can)
1 can red kidney beans, drained and
rinsed (15 oz can)
1 can bean of choice (black-eye peas,
black beans, pinto beans), drained and
rinsed (15 oz can)
1½ tsp black pepper
Salt to taste

SERVING SIZE: ½ cup (100g)

Calories: 54 kcal | **Carbohydrates:** 12g

Dietary Fiber: 1.1g | **Protein:** 0.5g | **Total Fat:** 0.5g

Saturated Fat: 0g | **Trans Fat:** 0g | **Sodium:** 143 mg

Instructions

1. Prepare the vegetables for the soup. Dice onions, garlic (if applicable), tomatoes (if applicable) and squash. Cut kernels of corn off the cob if using fresh corn cobs.
2. With a large soup pot of choice, add the oil and onions and peppers/chiles (if desired). Cook on medium heat for 3-5 minutes until the onions (and peppers) soften. Add the minced garlic (if using fresh) or garlic powder and continue to cook for 1 minute.
3. If using meat, add to the onion and garlic mixture and cook for 5-7 minutes until the meat is lightly browned.
4. Slowly add the broth/water. If you choose broth, it will create a stronger flavor.
5. Add in the corn, squash, diced tomatoes, tomato sauce, both bean varieties (and potatoes or barley, if desired).
6. Mix well. Increase to medium-high heat to allow for the mixture to come to a boil.
7. Once the soup has come to a boil, cover then reduce the heat to a simmer for 45 minutes, ensuring the squash is tender.
8. Add salt and pepper to taste along with any toppings of choice.