



Three Sisters Stew

Prep Time: 15 minutes
Cook Time: 45 minutes
Yield: 6-8 servings

INGREDIENTS

1 onion, diced
3 cloves garlic, minced
1 tbsp olive oil
1 ½ cups corn kernels (fresh or frozen)
1 ½ cups cooked beans (pinto, black, or kidney)
2 cups diced butternut squash
4 cups vegetable broth
1 can diced tomatoes (optional)
Salt, pepper, and herbs (such as sage or thyme) to taste

DIRECTIONS

1. Heat olive oil in a large pot, and sauté the onion and garlic until soft.
2. Add the squash, corn, beans, tomatoes, and broth. Bring to a simmer.
3. Season with salt, pepper, and herbs, and let the stew simmer until the squash is tender (about 25–30 minutes).
4. Serve hot, optionally garnishing with fresh herbs

This hearty stew is made with corn, beans, and squash, known as the "Three Sisters." These crops were commonly grown together by many Native American tribes.



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Recipe adapted from:
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