

# Three Sisters Stew

Prepare a hearty Native American stew featuring corn, squash, and beans!

## Background:

Corn, beans, and squash were the main crops cultivated by the indigenous, or native, peoples of North America. These crops were known as the "three sisters" and were planted together in one plot. This practice, called *companion planting*, allowed each plant to help the others grow.

## Ingredients:



1 onion



2 Tbsp olive oil



1 tsp cumin



1 ½ tsp salt



½ tsp pepper



1 (15 oz) can diced tomatoes



1 cup chicken broth



2 cups chopped, frozen butternut squash



1 (15 oz) can black beans



2 cups corn (fresh or frozen)

## Steps:

1



Cut onion in half, peel, and cut away ends. Slice into strips, then dice.

2



Heat oil in large pot over medium heat. Add onion, cumin, salt, and pepper. Cook until onion softens, 5-7 min.

3



Add diced tomatoes, chicken broth, butternut squash, black beans, and corn. Bring to a simmer.

4



Reduce heat to low, cover, and cook for 20 minutes.  
**TASTE & SHARE!**