

# 3 Sisters Stew



## Ingredients

- 1** Large butternut squash about 2-3 cups cut in cubes (Swap yellow summer squash or zucchini squash)
- 1** 15 oz. Can Kidney Beans (Swap pinto, black, garbanzo, or green beans)
- 1 tbsp.** Olive oil or avocado oil
- 1** Medium onion, chopped
- 2** Garlic cloves, minced
- 1** 14 oz. Can of diced tomatoes with juice
- 2 cup** Corn kernels (fresh, frozen or canned)
- 1-2 cups** Vegetable stock or water
- 1 tsp.** Ground cumin
- 1 tsp.** Dried oregano
- Salt & pepper to taste
- Optional:** 1 small hot chili pepper, seeded, and minced

## Instructions

In a medium to large soup pot:

- 1** Heat oil and add onion to sauté over medium-low heat until translucent.
- 2** Add garlic and continue to sauté until the onion is golden.
- 3** Add in the remaining ingredients except salt and pepper, and simmer gently, covered for 25- 30 minutes or until the butternut squash is tender when pushed with a fork.
- 4** Season to taste with salt and pepper.

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- Vegetable stock
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- Dried oregano
- Optional: 1 hot chili pepper