

THREE SISTERS STEW

Ingredients

1-1/2 pounds butternut squash, seeded, peeled and cubed
2 tablespoons olive oil
1 large red onion, peeled, chopped
4 to 5 garlic cloves, minced
1/2 sweet bell peppers; red and yellow, cut into 1-1/2 inch thin strips
1 (14 oz.) can fire roasted diced tomatoes with juice
4 cups cooked and drained Anasazi or pinto beans
2 cups fresh corn kernels
1 cup vegetable stock
1 small red chili, minced
1 (4 oz.) can diced mild green chilies
2 teaspoons ground cumin
2 teaspoons chili powder
1 teaspoon dried oregano
Salt and ground black pepper to taste
1/2 cup minced fresh cilantro (optional)

Directions

Bake cubed squash in the oven at 350 degree F until partially softened. Cool and set aside.

Place oil in large soup pot until hot; add onion; sauté over medium heat until softened; add garlic; cook 1 to 2 minutes longer.

Add squash and all ingredients except the last two; bring to a boil; reduce heat; cover; cook simmering for 20 to 25 minutes or until all vegetables are tender.

Season with salt and pepper. Stir cilantro into the warm stew, just before serving.