



Autumn Recipe I

Three Sisters Stew with Autumn Greens

Makes 4 servings or 4 to 5 cups

The Three Sisters are the three main agricultural crops of some Native American groups: corn, beans and squash. These three crops benefit each other. The corn provides a structure for the beans to climb, eliminating the need for poles. The beans provide the nitrogen for the soil that the plants utilize. The squash spreads along the ground, its leaves acting as a living mulch, preventing weeds and creating a microclimate to retain moisture in the soil. The prickly hairs of the vines deter pests. This stew is great served with cornbread.

1 small onion, diced

1 large clove garlic, pressed

1 rib celery, diced

1 tomato, diced

2 cups winter squash, kabocha (1 pound butternut yields 3 cups), peeled, seeded, and diced

1 tablespoon high-heat olive oil blend (2/3 Spectrum walnut oil: 1/3 extra virgin olive oil)

1 cup cooked beans (Soak 1 cup beans in 3 cups water overnight. Discard soak water and add 3 cups fresh water. Bring to boil for 5 minutes with the lid off. Add a 3-inch piece of kombu and a bay leaf, and cover to cook until tender, 10 to 20 minutes in a pressure cooker, longer in a pot. Makes 3 to 3 ½ cups.)

1/2 cup fresh or frozen yellow corn

1 1/2 teaspoons *each* chili powder and cumin powder

6 leaves fresh sage, minced, or 1 teaspoon dried sage or poultry seasoning (sage, thyme, onion, marjoram, pepper, celery seed, cayenne), OR 1/3 cup cilantro, chopped

3 cups bean cooking broth or water

4 cups hardy greens (**kale**, collards, cabbage or chard), half a ½ pound bunch, stems thinly sliced, greens chopped, **OR precooked separately**

½+ teaspoon unrefined sea salt OR 1 tablespoon+ miso, to taste

1. Dice vegetables in 1-inch cubes. Heat oil in a wide pot. Add onion, garlic, celery, tomato and squash. Stir and cover to cook for a couple of minutes. Add beans, corn, chili, cumin, sage, and bean broth or water, enough to cover vegetables. Bring to boil and simmer until vegetables are cooked, about 10 minutes.

2. Add greens and sea salt and cook until greens are tender, 5 to 10 minutes more. Or add cooked greens, **cilantro**, and salt (or miso dissolved in a little hot soup broth) and cook a couple of minutes just to heat through.

For 4 servings, per serving:

Calories: 194 Protein: 8gm Saturated: 0.6gm Fiber: 9gm Carbohydrate: 31gm Fat: 5gm Cholesterol: 0 Sodium: 267mg

Calories from Protein: 16% Calories from Fat: 20% Calories from Carbohydrate: 64%