

From the kitchen of David and Jennifer Deaven

2. Add (C), bring to boil, and simmer 30 minutes. Add (D), return to boil, and simmer 20 more minutes. Serve.
Servings: 8
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Soup/Three Sisters

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- A: 6t canola oil
3/4C bell pepper (red and green), diced finely
1/2C onion, diced finely
5c garlic, sliced thinly
1/4C cilantro, chopped fine
- B: 2t cumin, ground
1T paprika
1t oregano
1/2t cayenne pepper
- C: 3/4C hatch green chile, roasted and chopped
2C black beans (dry), cooked
1# corn
2 bell pepper (red and green), diced medium
6C vegetable soup stock (can substitute chicken), salt as needed
- D: 1 squash (butternut or equivalent), cubed medium
1. Saute (A) in heavy stockpot about 5 minutes until garlic starts to brown. Add (B) and saute for one minute more.



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