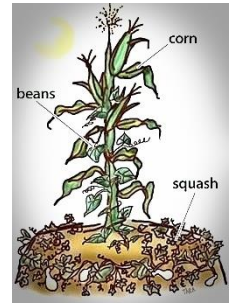




Three Sisters Stew

Serves 12 – 14

3 sisters include: squash, corn, and beans



Ingredients:

1 lb. ground venison, beef, or turkey	1 can beans** (kidney or vegetarian, not drained)
2 cups onions, diced (2 med.)	2 cans tomato or red pasta sauce* (or 1 of each)
4 cups red potatoes, cubed or sliced	½ cup oats or barley (regular or quick cooking)
4 med. tomatoes, diced (1 lb.)	¾ teas. salt <u>OR</u> 3 teas. beef soup base
2 cups yellow or green squash, diced	2 teas. garlic powder
2 cups butternut squash, diced	2 teas. salt-free herb seasoning
3 cups water	1 teas. paprika
1 can green beans* (not drained)	1 teas. pepper
1 can corn* (not drained)	1 teas. dried thyme

*14.5 oz.; ** 15-16 oz., no added salt or low sodium; do not add salt if regular canned vegetables are used

1 large ear of corn, half of a can of vegetables, and 1 medium sized potato are about 1 cup each.

If you cut the recipe in half, save the half cans of vegetables and use for vegetable soup.

Directions: Brown the ground meat in a frying pan until pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Rinse all vegetables prior to use, peel the onion and rinse prior to chopping; peel or scrub the red potatoes, rinse prior to chopping. Dice tomatoes. Dice the yellow or green squash. Add water, cooked meat, onions, potatoes, tomatoes, and yellow or green squash to a large heavy bottomed soup pot. Peel the butternut squash, remove the seeds, then dice. If you poke a hole in the butternut squash then microwave it a few minutes on half power, it is easier to peel and dice. Add butternut squash to the pot. Bring to a boil and cook 15 minutes. Add the green beans, corn, beans, tomato sauce, oats or barley, salt or soup base, garlic, salt-free herb seasoning, paprika, pepper, and thyme. Cover and simmer for another hour. If you use quick cooking barley or oatmeal you only need to simmer it for 15 minutes; however, for the best flavor, simmer an hour.

Substitutions: You may replace the butternut squash with acorn or buttercup squash or sweet potatoes. 2 cans of sliced potatoes* (drained) may replace the red potatoes. 2 cups of fresh or frozen vegetables may be used to replace 1 can of vegetables. Canned hominy* may replace the corn. 1 can of diced tomatoes* may replace the fresh tomatoes; reduce the water by ½ cup. Other root vegetables, such as, rutabagas, turnips, or parsnips may replace all or half of the potatoes.

Nutrition: This recipe provides protein, vegetables, and whole grains (oatmeal or barley). It is also has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt and use salt-free soup base. For a vegetarian option: eliminate the meat, replace the beef soup base with vegetable soup base, and add 1 can of beans**.