

# 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.