

## Three Sisters Corn Casserole

- 1 pint fat free sour cream
- ½ C egg substitute, beaten
- 1 lb frozen whole kernel corn
- 1 lb frozen green beans
- 4 C summer squash, diced
- 4 tbsp margarine, melted
- 1 C yellow cornmeal
- ½ C jalapeño peppers, diced
- ½ C Monterey Jack cheese, diced
- vegetable oil spray

1. Combine sour cream and egg substitute in large bowl.
2. Add remaining ingredients and mix well.
3. Coat baking pan or casserole dish with vegetable oil spray.
4. Fill pan or dish with mixture, spreading evenly.
5. Bake at 350 degrees for 45 minutes until golden brown.

Recipe from [www.manataka.org](http://www.manataka.org) Image from [cdn1-b.examiner.com](http://cdn1-b.examiner.com)



## Yummy Three Sisters Soup

- 2 C canned hominy, drained
- 2 C fresh green beans, cut
- 2 C butternut squash, peeled and cubed
- 1½ C potatoes, peeled and diced
- 5 C water
- 1 ½ tbsp chicken bouillon granules
- 2 tbsp butter, melted
- 2 tbsp all-purpose flour
- salt and pepper to taste

1. Add hominy, beans, squash, and potatoes to large pot.
2. Add water and chicken bouillon.
3. Bring to a boil, reduce heat to low, and simmer about 10 minutes.
4. Blend flour into butter and stir into soup.
5. Increase heat to medium and cook for 5 minutes until soup thickens.
6. Season with salt and pepper before serving.

Recipe and image from [allrecipes.com](http://allrecipes.com)



## Hearty Three Sisters Stew

- 2 tsp dried oregano
- 1 tsp cumin seeds
- ½ tsp ground cinnamon
- 1 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 1 ½ tsp sea salt
- 2-3 cloves garlic, minced
- 2-3 C winter squash, cubed
- 14 oz can diced tomatoes
- 1 tbsp chili powder
- 3 C cooked or canned pinto beans
- 1 ½ C fresh or frozen corn

1. Dry toast oregano, cumin, and cinnamon in large pot for 30 seconds.
2. Add oil, onion, salt, and garlic, and sauté until onions are soft.
3. Add squash, tomatoes, and chili powder.
4. Cook for 20 minutes, adding water as needed if mixture seems dry.
5. Add beans and corn and simmer until corn is tender.
6. Season with salt and pepper before serving.

Recipe from [www.mlui.org](http://www.mlui.org) Image from [www.vegkitchen.com](http://www.vegkitchen.com)

