

Cooking Classes. Community. Fun.

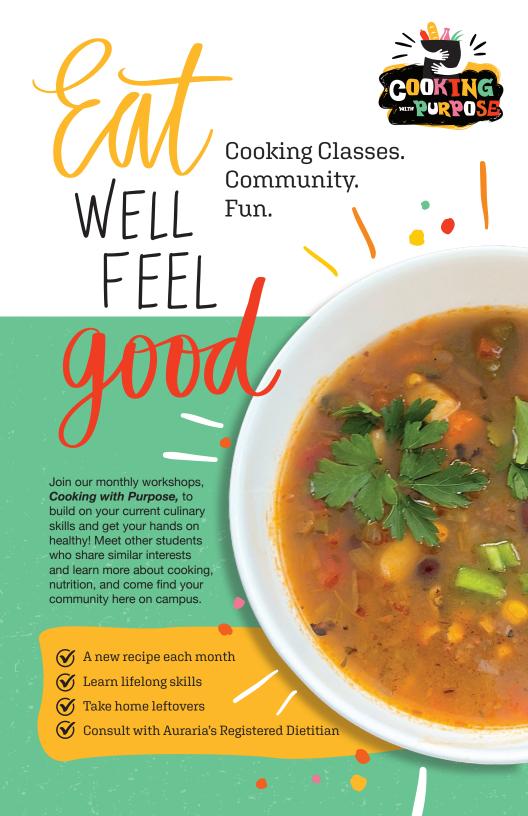












Three Sisters Stew

SERVES: 6-8

Corn, squash, and beans are a staple in Native American agriculture and cuisine. Traditional dishes like these are a great way to pay tribute and remember those we have lost. This stew maintains and promotes healthy blood sugar and improves digestion.

INGREDIENTS

- 1 tablespoons vegetable oil
- 2 cloves garlic, minced
- 1 medium onion, diced medium green pepper, chopped roughly
- 2-3 cups pumpkin or winter squash cubes (1 butternut squash or 2 smaller squash)
 - 1 can (14.5 to 16 ounces) diced tomatoes with juice (or about 1 quart fresh)
 - 1 can (4 ounces) chopped mild green chiles (or 1-2 finely chopped jalapeño peppers)
 - 2 cups cooked black beans (if using canned, rinse and drain)
 - 2 cups corn kernels (2-3 ears of fresh corn)
 - 2 teaspoons ground cumin
 - 1 teaspoon dried oregano
 - 1 teaspoon salt
 - 1 teaspoon pepper
 - 2 cups vegetable stock (or chicken stock)

DIRECTIONS

- 1. In a large pot, heat oil.
- 2. Chop vegetables into bit-sized pieces, to cook evenly.
- Add garlic, onion, green pepper and squash and sauté a few minutes over medium heat. Stir in tomatoes, chiles, beans, corn, cumin, oregano, salt and pepper and cook until hot.
- Add stock and bring to a boil. Reduce to a simmer, cover and simmer 30 minutes.
- 5. Taste and adjust seasoning as desired (you can also add extra broth if it is very thick).
- 6. Add a spoonful of cilantro to individual bowls just before serving.





Are you in need of food assistance?

There are a variety of campus and community resources available to keep you and your family healthy. If you, or someone you know is needing some additional assistance, please reach out to your institution's CARE Team. They offer wraparound services to students. You will be assigned a case manager who will connect you to the resources that best fit your needs, and life circumstances.

CAMPUS RESOURCES

Rowdy's Corner

Tivoli 271 rowdyscorner@msudenver.edu 303-615-0423

MSU Denver Student Care Center

Tivoli 311 studentcarecenter@ msudenver.edu 303-615-0006

CU Food Pantry

Wellness Suite, 3rd Floor Lynxbasicneeds@ucdenver.edu 303-315-9355

University of Colorado Denver CARE Team

Tivoli 311 shareaconcern@ucdenver.edu 303-352-3205

CCD SPARC Food Pantry

Tivoli 260 sparc@ccd.edu 303-352-3243

Community College of Denver Student Programming, Activities & Resource Center (SPARC)

Tivoli 260 sparc@ccd.edu 303-556-2597

COMMUNITY RESOURCES

Denver Inner City Parish 303-629-0636

Hunger Free Colorado 855-855-4626 Metro Caring 303-860-7200



