



Cooking Classes. Community. Fun.



Health Center
at AURARIA



University
of Colorado
Denver

Eat

WELL FEEL

good



Cooking Classes.
Community.
Fun.

Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and come find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Auraria's Registered Dietitian



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.
3. 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.
4. 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.



PRO TIP

Chop your veggies the night before, to make this stew a quick dish for the next day. Also, store leftovers for up to 3 days.



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

Metro Caring

303-860-7200

Hunger Free Colorado

855-855-4626