

### **Three Sisters Stew**

Serves 8

2# winter squash (red kuri, sweetkeeper, hubbard)  
1 ½ cup dried white beans (or 2 cans)  
1 cup dried corn-Painted Mountain, optional  
1 to 2 cups fresh or frozen corn  
3 onions, diced  
1 cup peppers, diced (sweet and/or hot)  
4 to 6 cloves garlic, minced  
1 to 2 cups tomatoes, diced or roughly pureed  
herbs (roasted sage, cumin seeds, and oregano)  
salt and pepper

For our version of this stew we soaked the dried beans and corn overnight separately, adding baking soda to the corn.

The soaking water was discarded and the beans brought to a boil in fresh water (with the herb epazote if available) and simmered for about an hour until tender. Repeat this process with the corn-the corn takes several hours to cook. Squash, onions, peppers, tomatoes, and garlic were roasted until tender on sheet pans, one layer deep, at about 350°. Fresh corn can be roasted too. Toast herbs watchfully on stovetop. Combine all ingredients in a pot or slow cooker using bean cooking water as stock. Add more water or stock as necessary. Add salt and pepper and cumin powder to taste. Simmer for flavors to blend

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### **Cornbread**

Makes 1-8" by 8" pan

2 cups yellow cornmeal  
½ cup whole wheat pastry flour  
1 tsp salt  
½ tsp baking soda  
1 tsp baking powder  
1 to 3 Tblsp honey or other sweetener  
1 to 2 eggs, beaten  
1 ½ cups buttermilk, yogurt, or milk

Optional Ingredients: grated summer squash, carrots, or cheese, minced herbs-parsley, oregano, etc. or spices-chili powder, cumin, cayenne pepper, etc. Mix dry ingredients thoroughly in a bowl. Add eggs and milk and mix briefly. Add optional ingredients and lightly mix. Pour batter into buttered baking pan. Bake at 350° until golden brown and a toothpick inserted into center comes out clean.

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### **Rice and Quinoa Pilaf**

Serves 8

2 cups short grain brown rice  
2 ½ cups quinoa (red)  
1 onion, minced  
2 Tblsp olive oil  
chopped assorted herbs  
garlic, if desired, minced

Rice and quinoa have different cooking needs so we baked them separately at first. Rinse rice and drain.

Stir in a little salt and 1 T olive oil to coat, add 3 cups water and cover Bake at 400° until tender, about an hour. Rinse and swirl quinoa for 30 seconds (removes bitterness), stir in 1 T olive oil, salt, and 3¾ cups water. Cover and bake for about 25 minutes. Sauté onion, garlic, and herbs. Gently mix rice, quinoa, and sautéed mixture, season with salt and pepper to taste and place in baking dish. Bake covered for 20 minutes or until heated through.

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### **Apple Pear Crisp**

Makes 1-9" by 13" pan

8 to 10 cups apples and pears, cored, thinly sliced  
juice of 1 lemon  
¼ cup flour  
1 Tblsp ground cinnamon  
½ cup sugar  
½ cup melted butter  
2/3 cup sugar  
¾ cup whole wheat pastry flour  
1 ½ cups oats  
1 Tblsp ground cinnamon

Preheat oven to 350°. Mix the first 5 ingredients and spread in the bottom of the baking dish. Mix remaining dry ingredients, add melted butter and mix until crumbly. Spread on top of apple pear mixture and bake for approximately 45 minutes or until fruit bubbles and top browns.