

From the kitchen of
MIZZOU

Ingredients

- 2 tablespoons vegetable oil
- 1 cup diced yellow onion
- 2 cloves garlic, minced
- 1 jalapeno pepper, seeds removed and minced
- 2 cups butternut or acorn squash, peeled and cut into half-inch cubes
- 1 cup corn kernels, fresh or frozen
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can diced tomatoes
- 1 teaspoon cumin, ground
- 1 teaspoon oregano, dry
- 2 cups vegetable broth

Three Sisters Stew

An original Campus Dining Services recipe.

Directions

- 1.** Heat the oil in a 4-quart saucepan over medium-high heat. Add the onion, garlic and jalapeno, and sauté for 3 to 4 minutes until the onions are just beginning to turn golden brown.
- 2.** Stir in the squash and cook for an additional 2 minutes.
- 3.** Add the corn, beans, tomatoes, cumin, oregano and vegetable broth. Season with salt and pepper and bring to a simmer. Cook for 15-20 minutes or until the squash is tender and the stew is slightly thickened.
- 4.** Taste and adjust seasoning with salt and pepper as needed.