

# Three Sisters Stew

In a harmonious blend of flavors and textures, the Three Sisters Stew combines tender butternut squash, sweet corn, hearty pinto beans, and vibrant carrots, reflecting the Native American cuisine and culture.

## CACFP Crediting Information:

Legume as a Meat Alternate:

½ cup provides 0.25 oz eq meat/meat alternate, ½ cup total vegetable.

Legume as a Vegetable:

½ cup provides ½ cup vegetable.



**Preparation Time: 20 minutes**

**Cook Time: 15 minutes**

**Makes: 6 servings**

## Ingredients

- 2 Tbsp olive oil
- ¾ cup (4 oz) butternut squash, fresh peeled, medium dice
- 1 cup (4 oz) fresh carrots, peeled, medium dice
- ⅛ tsp salt
- ⅛ tsp ground black pepper
- ½ cup (4 oz) beans, pinto, low sodium, rinsed, partially drained
- 1 ½ cups (12 oz) corn, frozen, thawed, drained
- ½ cup (4 oz) vegetable broth, low-sodium
- 2 Tbsp (1 oz) peppers, jalapeño, fresh, small
- 2 Tbsp (1 oz) margarine, low-fat
- 2 tsp (½ oz) honey

## Directions

- 1 Heat a medium stock pot on medium-high heat. Add olive oil.
  - 2 Add diced squash and carrots and season with salt and pepper. Proceed to cook for 3 minutes stirring occasionally until brown on all sides and slightly fork tender.
  - 3 Drain pinto beans. Add ¼ cup water to pot if it appears to look dry. Add pinto beans, corn, and broth. Bring to a simmer. Reduce heat to medium and continue to cook, stirring frequently, for 2 minutes.
  - 4 Add jalapeño peppers, margarine, and honey. Stir until fully incorporated and cook over medium heat for 5 minutes.
- Critical Control Point:**  
Heat to 135 °F or higher.  
Hold for hot service at 135 °F or higher.  
Transfer the stew to a large serving bowl.
- 5 Portion ½ cup with a 4 oz spoodle. Serve ½ cup.

**NUTRITION INFORMATION**

For ½ cup (4 oz spoodle)

| NUTRIENTS          | AMOUNT  |
|--------------------|---------|
| Calories           | 147     |
| Total Fat          | 7 g     |
| Saturated Fat      | 1 g     |
| Cholesterol        | 0 mg    |
| Sodium             | 185 mg  |
| Total Carbohydrate | 21 g    |
| Dietary Fiber      | 3 g     |
| Total Sugars       | 5 g     |
| Added Sugars       | 2 g     |
| Protein            | 3 g     |
| Vitamin A          | 109 RAE |
| Vitamin C          | 13 mg   |
| Calcium            | 33 mg   |
| Iron               | 1 mg    |

**NOTES**

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

**Source:**  
USDA Standardized Recipe Project — 2025