



## 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.

**Preparation Time:** 20 minutes

**Cook Time:** 15 minutes

### NSLP/SBP Crediting Information:

Legume as a Meat Alternate: ½ cup provides 0.25 oz eq meat/meat alternate, ½ cup total vegetable (⅓ cup additional vegetable, ⅓ cup red/orange vegetable, ⅓ cup starchy vegetable).

Legume as a Vegetable: ½ cup provides ½ cup total vegetable (⅓ cup additional vegetable, ⅓ cup red/orange vegetable, ⅓ cup starchy vegetable).

| INGREDIENTS                                                 | 50 SERVINGS |                | 100 SERVINGS |                 | DIRECTIONS                                                                                                                                                                                   |
|-------------------------------------------------------------|-------------|----------------|--------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                             | Weight      | Measure        | Weight       | Measure         |                                                                                                                                                                                              |
| Oil, olive                                                  | 8 oz        | 1 cup          | 1 lb         | 2 cups          | <b>1</b> Heat tilt skillet or large stock pot to medium-high heat. Add olive oil.                                                                                                            |
| *Squash, butternut, fresh, peeled, medium dice              | 2 lbs       | 1 qt<br>3 cups | 4 lbs        | 3 qts<br>2 cups |                                                                                                                                                                                              |
| *Carrots, fresh, peeled, medium dice                        | 2 lbs       | 2 qts          | 4 lbs        | 1 gal           | <b>2</b> Add the diced squash and carrots, and season with salt and pepper. Cook for 3 minutes, stirring occasionally, until the vegetables are brown on all sides and slightly fork tender. |
| Salt                                                        |             | 1 tsp          |              | 2 tsp           |                                                                                                                                                                                              |
| Pepper, black, ground                                       |             | 1 tsp          |              | 2 tsp           | <b>3</b> Add pinto beans, corn, and broth and continue cooking over medium heat, stirring frequently for 2 minutes.                                                                          |
| Beans, pinto, canned, low-sodium, partially drained, rinsed | 2 lbs       | 1 qt           | 4 lbs        | 2 qts           |                                                                                                                                                                                              |
| Corn, frozen, thawed, drained                               | 6 lbs       | 3 qts          | 12 lbs       | 1 gal<br>2 qts  |                                                                                                                                                                                              |



| INGREDIENTS                                                  | 50 SERVINGS |         | 100 SERVINGS |         | DIRECTIONS                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------|-------------|---------|--------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                              | Weight      | Measure | Weight       | Measure |                                                                                                                                                                                                                                                                                                                                                                            |
| Broth, vegetable, low-sodium                                 | 2 lbs       | 1 qt    | 4 lbs        | 2 qts   |                                                                                                                                                                                                                                                                                                                                                                            |
| *Peppers, jalapeño, small dice (green bell pepper, optional) | 8 oz        | 2 cups  | 1 lb         | 1 qt    | <b>4</b> Add jalapeño, margarine, and honey. Stir until fully incorporated and cook over medium heat for 6 minutes.<br><b>Critical Control Point:</b><br>Heat to 135 °F or higher.<br>Hold for hot service at 135 °F or higher. Transfer the stew to a full-size steam table pan (12" x 20" x 2 ½ ").<br><br>For 50 servings, use 2 pans.<br>For 100 servings, use 4 pans. |
| Margarine, low-fat                                           | 8 oz        | 1 cup   | 1 lb         | 2 cups  |                                                                                                                                                                                                                                                                                                                                                                            |
| Honey                                                        | 4 oz        | ½ cup   | 8 oz         | 1 cup   | <b>5</b> Portion ½ cup with a 4 oz spoodle. Serve ½ cup.                                                                                                                                                                                                                                                                                                                   |





## NUTRITION INFORMATION

For ½ cup (4 oz spoodle)

### NUTRIENTS

### AMOUNT

**Calories**

**130**

**Total Fat**

**6 g**

Saturated Fat

1 g

**Cholesterol**

**0 g**

**Sodium**

**144 mg**

**Total Carbohydrate**

**19 g**

Dietary Fiber

3 g

Total Sugars

4 g

Added Sugars

0 g

**Protein**

**3 g**

Vitamin A

104 RAE

Vitamin C

13 mg

Calcium

25 mg

Iron

1 mg

### Source:

USDA Standardized Recipe Project — 2025

## \*Marketing Guide

| Food as Purchased for    | 50 Servings | 100 Servings |
|--------------------------|-------------|--------------|
| Squash, butternut, fresh | 2 lbs 6 oz  | 4 lbs 12 oz  |
| Peppers, jalapeño, fresh | 8 oz        | 1 lb         |
| Carrots, peeled, fresh   | 2 lbs 6 oz  | 4 lbs 12 oz  |

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

The food safety temperatures are based on the FDA Food Code. Some information included 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.

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

| 50 Servings                                                         | 100 Servings                                                        |
|---------------------------------------------------------------------|---------------------------------------------------------------------|
| About 15 lbs/2 gal<br>2 full steam table pans<br>(12" x 20" x 2 ½") | About 30 lbs/4 gal<br>4 full steam table pans<br>(12" x 20" x 2 ½") |

