

Client: Elevate Youth

Instructor: Tamika R. Francis, Food & Folklore LLC

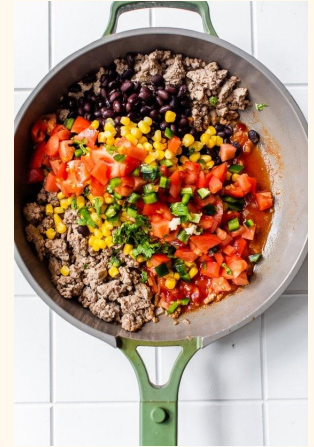


Three Sisters Festive Veggies Skillet

6pm - 7pm | 11.04.2021

Serves: 4 Prep: 20 minutes Cook: 15 minutes Total: 35 minutes

CLASS FOCUS: According to Iroquois (Native American tribes) legend, corn, beans, and winter squash are three inseparable sisters who only grow and thrive together. Corn, beans and squash were among the first important crops domesticated by Indigenous peoples of North America. Today's recipe is a celebration of that history as we begin the month of November and the celebration of Thanksgiving. This recipe is a quick side item for any thanksgiving celebration, or you may add ground turkey to make it a weeknight dinner. It can be eaten with tacos shells, wraps, lettuce wraps, or rice or another grain. Be sure to chop all your veggies ahead of time for a quick cooking session.



INGREDIENTS

- 1/4 cup chopped white or yellow onion
- 2 cloves garlic, minced
- 1 small green bell pepper, deseeded & diced
- 1 tablespoon tomato paste
- 2 cups from 2 medium or 1 large winter squash, peeled & diced into bite sized pieces
- 1 cup canned black beans, rinsed and drained
- 1 cup corn kernels, fresh or frozen
- 1 large diced tomato, fresh or 16 oz can, drained
- 1 1/4 teaspoon ground cumin
- 2 tbsp chopped cilantro, plus more for garnish
- 1 1/4 teaspoon kosher salt
- 1/4 cup warm water/stock

OPTIONAL

- 1/2 lbs ground turkey or beef
- lime wedges
- jalapenos

Directions

- **Step # 1** Add 2 tBsp of cooking oil to a pan and heat for a 1 minute. Add the chopped onion & garlic and saute for 3 minutes until softened but not browned. Add the tomato paste, cumin, plus salt & pepper and cook for 1 minute.
- **Step # 2** Add the green peppers and saute for another 1-2 minutes until cooked.
- **Step # 3** Add the diced winter squash and saute for 3 minutes until partially cooked
- **Step # 4** Add the black beans, corn, tomato, and stir with 1/4 cup warm water or stock. Taste and season with salt and pepper, if needed. Then cover it for 5 minutes until the squash is fully cooked. Use a fork to test it.
- **Step # 5** Add the cilantro and remove from the heat.
- **Step # 6** Serve a portion of the veggies with rice/tacos or by itself on a plate & garnish with cilantro.
- **Step #7** Take a picture and share with the Elevate Youth team, and enjoy with your family or friends.

Variations

- If you are using an animal protein like ground turkey, do this step **FIRST** - Spray a large skillet over high heat with oil and brown the turkey, season with 1 teaspoon salt and 1 teaspoon cumin.
- Cook thoroughly, breaking the meat up until the turkey is cooked through, about 5 minutes.
- To make this skillet spicy, add jalapeños. .
- Sprinkle it with shredded cheddar cheese.
- Serve with avocado on top

Tools and Equipment

- Medium skillet
- 1 medium bowl for trash
- 2 Bowls, large and small
- Large cooking spoon
- Small knife and cutting board
- 2-3 tasting spoons + fork
- Plate for serving

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