

### Three Sisters Stew

*This recipe is from Jill Nussinow's cookbook: The Veggie Queen: Vegetables get the Royal Treatment. See notes in the beginning of this section about her classes on pressure cooking. This recipe uses a pressure cooker. Since I don't have one (yet), I've used it but adapted it to cooking on top of the stove. This stew is wonderful in the fall when winter squash and corn are fresh.*

5 minutes high pressure; natural release.

1 cup Anasazi, red, or kidney beans; soaked overnight or quick soaked

1 Tablespoon canola oil

1 large onion, chopped

1 chipotle chile, seeded, cut into pieces

1 teaspoon cumin seeds

2 teaspoons dried oregano

1 ¼ cup boiling water

1 pound organic delicate, kabocha or butternut squash, seeded and cut into 1 inch cubes

10 sundried tomatoes, cut into pieces

1 medium red pepper, cut into strips and then diced

1 tablespoon fresh sage, copped or 1 teaspoon dried sage

1 cup corn, cut from the cob, or frozen, thawed

1 Anaheim or Poblano chili, roasted and diced

tamari to taste

½ cup green onions, sliced

¼ cup toasted pumpkin seeds, for garnish

Heat the canola oil in the cooker over medium heat. Add the onion and sauté for 2 minutes. Add the chipotle chili, cumin seeds and oregano and cook for 1 minute. Then add the drained beans, boiling water, squash, sundried tomatoes, red pepper and sage. Lock the lid in place. Bring to high pressure over high heat. Reduce the heat to low and maintain high pressure for 5 minutes.

Let the pressure come down naturally. Remove the lid, tilting it away from you. Stir in the corn, roasted pepper, tamari and green onions. Cook for a minute or two to be sure that corn is cooked through. Serve hot, garnished with toasted pumpkin seeds.