



Three Bean Soup and Corn Bread Equipment and Ingredient List

Ingredients

1 onion yellow
2 garlic cloves
1 squash - yellow or green
1 cilantro bunch
2 oz spinach leaves

2 eggs
 $\frac{3}{4}$ cup buttermilk
 $\frac{1}{4}$ cup butter
4 oz cheddar cheese, grated

2 cups corn kernels (frozen or canned)
4 cups chicken stock

4 Tbsp olive oil
1 (15 oz) pinto beans
1 (15 oz) black beans
1 (14.5) can tomatoes diced
2 cans 4oz green chilies (see pix)
 Can sub with pickled jalapenos
1 tsp honey
1 cups - cornmeal
 $\frac{3}{4}$ cup flour or GF flour
1 tsp baking powder
Cumin ground
Oregano dry
Salt and Black Pepper

Equipment

1 - non stick skillet 12"
1 - 3 qt pot
1 - bowl large
1 - whisk
1 - measuring cups
1 - spatula
1 - knife
1 - can opener
1 - cutting board
4 - plates for eating
1 - plate for mise en place (for prepped ingredients)





THREE SISTERS SOUP

SERVES: 4 to 6

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein

Ingredients

- 2 tablespoons **olive oil**
- 1 yellow **onion**, peeled and chopped
- 2 cloves of **garlic**, minced
- 4 cups **chicken stock**
- 1 medium **yellow squash** or **zucchini**, diced
- 1 (15 oz) can **pinto beans**, drained
- 1 (15 oz) can **black beans**, drained
- 1 (14.5 oz) can diced **tomatoes**
- 2 cups frozen **corn kernels**
- 1 (4 oz) can roasted **green chiles**, diced
- 1 teaspoon ground **cumin**
- ½ teaspoon **oregano**
- ½ teaspoon kosher **salt**
- ½ bunch **cilantro**, coarsely chopped

Substitution and variations

- Try turkey stock instead of chicken.
- Use all black or all pinto beans
- Try fresh corn and tomatoes when in season
- Add a dollop of yogurt on top for a creamy element
- Add a pinch of chile flakes for zip

Something to Chew On

- What does the “three sisters” mean to indigenous cultures?
- Can you describe a garden layout that includes the “three sisters”?
- How does the flavor of roasted green chiles compare to bell pepper?
- What does “adjust seasoning” mean?

1. Heat the **oil** over medium heat in a large soup pot until it shimmers.
2. Add the **onion** and saute until softened and starting to turn golden, about 4-6 minutes.
3. Add the **garlic** and stir until fragrant.
4. Add the **stock** and **squash** and bring to a boil.
5. Reduce heat to medium low and simmer until **squash** has softened, about 3 minutes.
6. Add the rest of the ingredients, except the **cilantro**.
7. Cook uncovered for about 10 minutes to blend flavors. Taste and adjust seasoning.
8. Serve in bowls topped with a sprinkle of **cilantro**.



Chile Cheddar Corn Cakes

Makes 8 - 12 Cakes

Pillar(s) of Nutrition: Eat the Rainbow, Lean on Protein,

Ingredients

- 1 cup **cornmeal**
- 3/4 cup **flour**
- 1 teaspoon **baking powder**
- 1/4 teaspoon **salt**
- 2 **eggs**
- 1 teaspoon **honey**
- 3/4 cup **buttermilk**
- 1/2 can of mild diced **green chiles**
- 1/4 cup **butter**, melted and cooled
- Water if necessary
- 6 **spinach leaves**, torn into tiny pieces
- 1/2 cup **cheddar cheese**, grated

Substitution and variations

- Use cinnamon and honey butter on top along with fruit to make a tasty breakfast.
- Serve with a side of beans and leafy greens for a hearty, whole food meal.
- Add 1/2 cup frozen corn to the batter.

Something to Chew On

- What are the protein sources in this recipe?
- What else would you add to the corn cakes?

Instructions:

1. In a large mixing bowl add the **cornmeal**, **flour**, **baking powder** and **salt** and whisk together.
2. Dice the **green chiles**.
3. Make a well in the center and add in the **egg**, **buttermilk**, **honey**, **green chiles** and **melted butter** and mix until combined. Mixture should be a thick pancake-like batter; if too dry add a few tablespoons of water. Fold in **spinach**.
4. Heat a couple of tablespoons of **oil** in a medium frying pan over medium-high heat.
5. Scoop about 3 tablespoons of batter and drop into the frying pan, (I usually do 4 corncakes at a time).
6. Sprinkle a little **cheddar cheese** over each cake.
7. Fry each cake until the edges start to bubble, flip, and fry for another couple minutes until golden brown.
8. Remove and serve immediately.