

# Three Sisters Succotash

Budget-friendly recipe

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Ready in: 35 mins.

*Corn, beans and squash come together deliciously in this easy and colorful stew. Serve with warm flatbread for a quick weekday meal.*



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## Ingredients

3 tablespoons Olive oil  
1 Onion *finely diced*  
1 teaspoon Salt  
 $\frac{1}{2}$  Red bell pepper *finely diced, divided*  
 $\frac{1}{2}$  jalapeño chile *seeded and minced (optional)*  
6 Cloves garlic *minced*  
 $1\frac{1}{2}$  teaspoons smoked paprika  
1 teaspoon Ground cumin  
1 Small butternut squash *cut into  $\frac{1}{2}$ -inch cubes*  
2 cups fresh or frozen corn (thawed)  
2 cups canned pinto beans *drained and rinsed*  
2 cups low-sodium vegetable stock  
Ground black pepper to taste  
 $\frac{1}{2}$  cup finely chopped cilantro  
Lime wedges

## What You'll Need

Measuring spoons  
Measuring cups  
Cutting board  
Chef knife  
Large skillet with lid  
Wooden spoon

## Directions

1. Heat olive oil in a skillet. Add the onion and sprinkle with salt. Cook, stirring, until nicely golden.
2. Add half the bell pepper, chile, garlic, paprika and cumin. Stir and cook for 2-3 minutes, or until fragrant.
3. Add beans, corn, squash and stock. Bring to a boil.
4. Lower heat, cover and simmer just until vegetables are tender, about 15 minutes. Remove the lid. Continue cooking for 5-10 minutes to cook off the liquid and caramelize the vegetables.
5. Season with black pepper. Sprinkle with cilantro and the remaining, uncooked bell pepper. Serve with corn tortillas or whole-wheat pita, along with lime wedges.

## Nutrition Info and more

Serving size: 1 cup

Total calories: 355 Total fat: 12.3 g Saturated fat: 2 g Carbohydrates: 54 g Protein: 12.3 g Fiber: 10.9 g Sodium: 762 mg