

Making it delicious

Three Sisters Chili

THE
Open
Door

Ingredients:

Serves 6

- 1 lb. ground beef (or turkey)
- 1 onion, diced*
- 1 bell pepper, diced
- 2 cloves garlic, minced**
- 2 (15 oz.) cans kidney beans
- 1 (15 oz.) can corn kernels
- 2 (15 oz.) cans diced tomatoes (1 28-oz. can)
- 1 can pumpkin puree
- 2 Tbsp. chili powder
- 2 tsp. paprika
- 1 tsp. oregano
- 1/2 tsp. salt

*Or 1/2 tsp. onion powder

**Or 1/4 teaspoon garlic powder



Instructions:

- Heat a skillet or pot over medium heat.
- Add the meat to the heated skillet, then wash your hands well. Break the meat into small pieces with a spatula to help it cook evenly.
- Cook, stirring occasionally, for 8-10 minutes, until the meat is fully browned. Drain the grease into a tin can.
- Stir in the onion, bell pepper and garlic to the meat and cook, stirring, 5 more minutes.
- Drain & rinse the kidney beans in a strainer under running water, then add them to the meat. Drain the corn and add it, along with the tomatoes (with juices), pumpkin, and the seasonings. Stir to combine well.
- Bring to a simmer and let cook 15 minutes.

The “Three Sisters”

Native Americans developed an agricultural practice of planting corn, beans, and squash together. Each of the three “sister” crops benefited the others in their own unique ways.

The corn provided a structure for the beans to climb and grow on, the beans nourished the soil, and the squash leaves shaded the soil, keeping it moist and discouraging weeds from growing.

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