

Three Sisters Stew



Makes: 6 Servings

Total Cost: \$\$\$\$

This hearty stew is great for dinner and even better the next day. It uses different ingredients like sweet potatoes and quick cooking oats. *Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program.*

Ingredients

- 1/2 pound ground beef
- 1 cup onions, diced
- 3 cups water
- 3 cups red potatoes, cubed (or 1 1/2 cans, about 24 ounces, low-sodium sliced potatoes, drained)
- 2 tomatoes, diced (or 1 can, about 15 ounces, low-sodium diced tomatoes, drained)
- 1 can (15 ounces) low-sodium tomato sauce
- 1/2 cup frozen corn kernels (or 1/4 can, about 4 ounces, low-sodium whole kernel corn, drained)
- 1/2 cup yellow squash, diced (or 1/4 can, about 4 ounces, low-sodium sweet potatoes, drained and diced)
- 1/2 cup green squash, diced (or 1/4 can, about 4 ounces, low-sodium ca

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- 1/2 can (about 8 ounces) low-sodium kidney beans, drained
- 1/2 can (about 8 ounces) low-sodium vegetarian beans
- 1/4 cup quick cooking oats
- 2 cloves garlic, finely chopped
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Directions

1. In a small skillet, brown ground beef and onions over medium to high heat for 8 to 10 minutes. Drain fat.
2. In a large pot, combine cooked ground beef, water, and red potatoes.
3. Bring the pot to a boil and cook for 15 minutes.
4. Add all the other ingredients to the pot and bring to a boil. Lower heat and simmer for about 25 minutes.

Notes

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.

See how to make this [recipe](#) and more on USDA's [MyPlate Kitchen YouTube site](#).

Source:

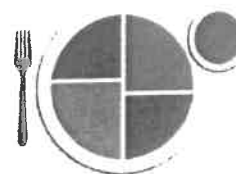
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Nutrition Information

Serving Size: 1 1/4 cup

MyPlate Food Groups



 Vegetables 1 1/2 cups
 Protein Foods 2 1/2 ounces

Nutrients	Amount
Total Calories	298
Total Fat	6 g
Saturated Fat	3 g
Cholesterol	26 mg
Sodium	321 mg
Carbohydrates	48 g
Dietary Fiber	9 g
Total Sugars	7 g
Added Sugars included	5 g
Protein	17 g
Vitamin D	0 mcg
Calcium	71 mg
Iron	3 mg
Potassium	933 mg

N/A - data is not available

Feedback