

Three Sisters Stew

1 lb Ground beef, extra lean
 2 c Onions, diced
 6 c Water
 2 cans Diced tomatoes, no salt added, 14.5 oz
 6 c Red-skinned potatoes, cubed
 1 can Tomato sauce, no salt added, 15 oz
 1 c Corn, frozen
 1 c Yellow squash, diced
 1 c Zucchini, diced
 1 can Light red kidney beans, drained and rinsed, 15.5 oz
 1 can Black-eyed peas, drained and rinsed, 15.5 oz
 ½ c Quick cooking barley

1. In a skillet on medium-high heat, BROWN ground beef and onions.
2. RINSE and DRAIN meat.
3. In a large stock pot, ADD all ingredients.
4. BRING to a boil, then LOWER heat and SIMMER for 30-45 minutes until the potatoes are soft.
5. SERVE immediately.

Venison, turkey or bison—fresh or dried could be used.

Makes 12 - ½ c servings

Nutrition Information: 280 calories, 3 g fat, 25 mg cholesterol, 240 mg sodium, 49 g carbohydrates, 10 g dietary fiber, 18 g protein

Chickasaw Nation Nutrition Services

Get Fresh! is an initiative of the Chickasaw Nation. This material was funded by the USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores visit www.getfreshcooking.com



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