

FEAST

Families Eating Affordably & Sustainably Together



Sisters Health Foundation
Sponsored by the Congregation of St. Joseph



At Home

Three Sisters Chili Bowl

The Three Sisters Chili Bowl is a perfect meal for a cold winter's night. A chili filled with acorn squash, tomato, kale, and kidney beans will surely warm you up. This chili is served on a bed of cornmeal grits and topped with a fresh, tangy corn salsa.



You'll need the following kitchen supplies:

- Measuring cups and spoons
- Medium pot
- Whisk
- Cutting board and sharp knife
- Large pot
- Wooden spoon

- Can opener
- Medium bowl
- Citrus juicer*

*If you don't have a citrus juicer, stab each lime half with a fork and wiggle back and forth over a bowl



Video link



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Ingredients:

For the chili:

1 medium yellow onion, diced
4 cloves garlic, minced
2 Tbsp. water*
1 lb. acorn squash (~1 medium sized squash)
1 can fire-roasted tomatoes
1 - 8 oz. can no salt added tomato sauce
1 tsp. cumin
½ tsp. chili powder
¼ tsp paprika
1 cup water*
1 tsp. vegetable broth powder
1 can no salt added kidney beans
2 stalks kale

For the grits:

3 cups water*
3 tsp. vegetable broth powder
1 cup grits

For the corn salsa:

1 can no salt added corn kernels
1 jalapeno, deseeded and diced
2 green onions, sliced
1 lime, juiced

*NOT INCLUDED

Instructions

1. Cook the grits: Bring 3 cups of water to a boil in a medium pot. Reduce heat to medium and add 3 tsp. vegetable broth powder. Stir to dissolve.

Next add grits 1/4 cup at a time whisking continuously until mixture begins to thicken.

Once slightly thickened, remove from heat and cover.

2. Prepare the chili: Dice the onion and mince the garlic. Cut squash in half and scoop out seeds with a spoon. If using acorn or delicata squash, you don't need to remove the skin. Other varieties of winter squash may need to be peeled first. Cut squash into 1 inch cubes.

Preheat a large pot over medium heat. Add onion and garlic along with 2 Tbsp. water and saute for 3-5 minutes. Add more water as needed to prevent vegetables from sticking.

Add spice mix (cumin, chili powder, and paprika), Saute for 30 seconds, stirring continuously.

Add cubed squash, fire-roasted tomatoes, tomato sauce, 1 cup water and 1 tsp. vegetable broth powder to the pot. Cover and simmer on low while you prepare the kale and beans.

Remove and discard center stalk from kale leaves. Chop the leaves. Drain and rinse the beans.

Add chopped kale leaves and beans to the pot. Cover and simmer for 20 minutes until the squash is very soft.

3. Make the corn salsa: Deseed and dice the jalapeno. Thinly slice the green onions. Drain and rinse the corn. Juice the lime.

Add the corn, jalapeno, green onions, and lime juice to a small bowl. Stir to combine.

5. Build your bowl: Spoon about ½ cup of the grits into your bowl. Add about 1 cup of the chili. Top with a few spoonfuls of corn salsa. Enjoy!