

## Three Sisters Harvest Stew

### Ingredients

2 tablespoons olive oil  
1-2 cups water, vegetable broth or chicken broth  
1 large onion  
3-4 garlic cloves, chopped  
1 large carrot  
3/4 cup pumpkin or squash, cubed and peeled  
1 cup cooked black beans, or any other type of bean  
1 cup fresh or frozen corn  
1 teaspoon dried sage  
1 dried chipotle chile or 1 teaspoon chipotle powder or to taste  
Salt  
1/4 cup fresh parsley, chopped

### Directions

1. In a large stew pot, heat the olive oil.
2. Add the onion and stir to coat with oil.
3. Sauté until golden, then add garlic, carrot, pumpkin or squash, beans, corn, sage, chipotle and salt. Add broth a bit at a time until you are satisfied with the consistency.
4. Simmer until pumpkin or squash is tender, then add chopped parsley and stir.
5. Serve hot.

adapted from [yummy.com](http://yummy.com) recipe