



Simple Three Sisters Casserole

Ingredients:

- 1 (15 ounce) can black beans
 - 1 cup corn (canned, drained or frozen.)
 - 1 medium or large sized winter squash (acorn, butternut or delicata), roasted
 - 1 cup shredded cheese
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Directions:

Preheat oven to 375 degrees and grease a casserole dish. Carve out the baked squash and place it on the bottom of a casserole dish.

Layer the beans on top of the squash.

Layer the corn on top of the beans.

Sprinkle the cheese on the top of the corn.

Bake until thoroughly heated and the cheese is melted (30 – 45 minutes).

This warm and filling meal can be served with salsa for additional flavor and tortilla chips or bread on the side.

Background Information:

*Taken from “The Book of Three” Series

The Three Sisters method originated in North America around 3,000 years ago. The Iroquois and Cherokee called the three plants of corn, beans and squash "Three Sisters" because they nurture each other like family. The Iroquois considered them special gifts from the Creator and believed each crop was protected by one of the Three Sister Spirits.