THREE SISTERS STEW

Over 60 percent of the foods we eat today originated in the Americas. In Native American cosmology, corn, beans, and squash are called “the three sisters.” They are often grown together, using an agricultural technique in which each crop supports and protects the others. Tasting this wonderfully hearty stew, we are reminded of their symbiotic relationship by the way the cooked corn, beans, and squash complement one another.

3 cups brown or cremini mushrooms
3 cups oyster mushrooms
2 cups coarsely chopped onions
2 to 4 garlic cloves, minced or pressed
2 teaspoons vegetable oil
2 teaspoons dried dill (1 tablespoon fresh)
1 teaspoon dried thyme
1 butternut or other winter squash, peeled, seeded, and cubed (2 pounds or about 6 cups, cubed)
1 red bell pepper, seeded and coarsely chopped
2 cups water or vegetable stock
2 cups fresh or frozen corn kernels
2 cups cooked kidney beans
2 tablespoons cider vinegar
salt and ground black pepper to taste
1 tablespoon cornmeal

Serves 4 to 6
Total time: 45 to 50 minutes

Wash the mushrooms with as little water as possible. Quarter the brown mushrooms. Trim the bottom(s) of the oyster mushroom clump(s) and gently pull them apart into smaller bite-sized clusters. Set aside.

In a covered soup pot on low heat, sauté the onions and garlic in the oil, stirring often, until the onions are translucent. Add the dill and thyme and cook for 2 minutes, stirring continuously. Add the squash, bell peppers, brown mushrooms, and water or stock and bring to a boil. Simmer until the squash is tender, about 3 to 5 minutes. Stir in the corn and beans. When the stew returns to a simmer, add the oyster mushrooms, vinegar, and salt and pepper to taste. Stir in the cornmeal and simmer, stirring often, until the broth is thickened.

PER 9-02 SERVING: 257 CALORIES, 11.8 G PROTEIN, 2.8 G FAT, 52.3 G CARBOHYDRATES, .4 G SATURATED FATTY ACIDS, 1.4 G POLYUNSATURATED FATTY ACIDS, .5 G MONOUNSATURATED FATTY ACIDS, 0 MG CHOLESTEROL, 57 MG SODIUM, 3.6 G TOTAL DIETARY FIBER

MENU SUGGESTIONS Serve with Wild Rice Waldorf Salad (page 147) alongside Almost Fat-Free Cornbread (page 110), tortillas, or Quinoa Pine Nut Pilaf (page 184). End with Apple Cherry Crisp (page 385) or Applesauce Spice Cake (page 381).

STEWS

Forget the oyster mushrooms, use only half the dill suggested. Nuke the squash to soften before peeling. Use fine-ground cornmeal.

Add 1 or 2 needed bunches of garlic.
CREOLE STEW

Frozen tofu when thawed is crumbly and chewy and adds texture to vegetable stews, but if you omit it you’ll save 80 calories and 5 grams of fat per serving and the stew will still taste fine.

3 cups chopped onions
2 garlic cloves, minced or pressed
1 cup water
1 teaspoon salt
4 celery stalks
2 green bell peppers
2 medium zucchini or yellow squash
3 cups undrained canned tomatoes (28-ounce can)

CREOLE SAUCE
1 tablespoon vinegar
1 teaspoon prepared mustard
2 tablespoons tomato paste
½ teaspoon Tabasco or other hot pepper sauce (or to taste)
1 tablespoon molasses or brown sugar
½ teaspoon ground allspice
1 teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon ground black pepper

1 cake tofu (12 ounces), frozen and thawed (page 419)
6 cups cooked rice
chopped scallions

Serves 6
Total time: 45 minutes

In a covered soup pot on high heat, cook the onions and garlic in the water and salt, stirring frequently, for about 5 minutes. Slice and add in order the celery, bell peppers, and zucchini or squash. Stir well after each addition and add more water if the vegetables begin to stick. Add the tomatoes and lower the heat to a simmer.

Mix together the Creole Sauce ingredients and stir into the stew. Squeeze the water from the thawed tofu and crumble it into the stew. Simmer for at least 5 minutes more. Serve on rice topped with chopped scallions.

PER 15-OZ SERVING (INCLUDES TOFU): 381 CALORIES, 16.4 G PROTEIN, 6.1 G FAT, 68.4 G CARBOHYDRATES, 9 G SATURATED FATTY ACIDS, 3.1 G POLYUNSATURATED FATTY ACIDS, 1.3 G MONOUNSATURATED FATTY ACIDS, 0 MG CHOLESTEROL, 243 MG SODIUM, 5.1 G TOTAL DIETARY FIBER

MEAL SUGGESTIONS Begin with Smoky Eggplant and Pepper Spread (page 122) on French bread. Cut down the celery and basil, increase Tabasco a tad. This would be good with flaked whitefish instead of tofu. Best w/1 yellow + 1 green squash.
**Spring Soup**

Unlike the more familiar minestrones, dense with long stewing, this version has a light, delicate broth with tender, sweet-tasting vegetables.

2 garlic cloves, minced or pressed  
1 cup chopped onions  
1 small carrot, peeled and minced  
1 celery stalk, minced  
1 teaspoon dried thyme (1 tablespoon fresh)  
1 teaspoon dried basil (1 tablespoon fresh)  
\( \frac{1}{4} \) cup water  
6 cups Basic Vegetable Stock (page 73) or canned vegetable broth  
3 fresh or canned plum tomatoes, chopped  
1½ cups fresh or frozen lima beans  
1 pound fresh asparagus, cut into 1-inch lengths, or an 8-ounce package frozen asparagus  
\( \frac{1}{4} \) pound spaghetti, broken into 2-inch lengths  
1 teaspoon salt  
\( \frac{1}{2} \) tsp black pepper  
1 tablespoon fresh lemon juice  
1½ cups fresh or frozen green peas

In a covered soup pot on low heat, cook the garlic, onions, carrots, celery, thyme, and basil in the water until the vegetables have softened, about 10 minutes. Add the vegetable stock or broth and the tomatoes and bring to a boil. Add the lima beans and asparagus and return to a boil. Stir in the spaghetti and cook until al dente. Add the salt, lemon juice, and peas and cook for about 5 minutes. Serve hot.

**PER 8-OZ SERVING:** 140 CALORIES, 6.3 G PROTEIN, 7.6 FAT, 28.9 G CARBOHYDRATES, .1 G SATURATED FATTY ACIDS, .3 G POLYUNSATURATED FATTY ACIDS, .1 G MONOUNSATURATED FATTY ACIDS, 0 MG CHOLESTEROL, 296 MG SODIUM, 3.9 G TOTAL DIETARY FIBER

**MENU SUGGESTIONS** For a lovely spring evening meal, serve this soup with toast and Spinach Artichoke Heart Dip (page 30). It is an appetizing first course before Baked Flounder Rolls (page 295), Watercress Omelet (page 53), or Broiled Portobella Mushrooms (page 322). Fruit-filled Meringue Shells (page 388) with fresh strawberries is our choice for dessert.

(The whole thing is good, better?) Warm over the next day. Add frozen peas at last minute.

-- Add some black pepper.舞台里 needs more salt.舞台里 use baby lima beans.舞台里 put peas in at last minute (so they'll be green!) stage.use Parmesan cheese.

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Nuke the frozen peas and add at the very last minute!