

ORIGINAL 3 SISTERS STEW



what you need

- 1 lb pork loin, *trimmed and cut into 1-inch cubes*
- 1 tsp ground cumin
- 2 tbsp canola oil
- 1 yellow onion, *diced*
- 3 garlic cloves, *minced*
- 4 cups turkey or chicken stock, *preferably home-made or low-sodium*
- 1 yellow squash, *diced*
- 1 (15 oz) can black beans, *drained*
- 1 (15 oz) can pinto beans, *drained*
- 1 (14 1/2 oz) can chopped tomatoes
- 2 cups fresh or frozen corn kernels
- 1 (4 oz) can roasted green chiles
- 1/2 bunch fresh cilantro, *roughly chopped*

how to make it

1. Season pork with cumin, salt and pepper. Heat oil in a Dutch oven or a large heavy bottomed saucepan over medium-high heat until it simmers. Add pork, in batches if necessary, and cook, turning as needed, until lightly browned on all sides, 5–6 minutes. Transfer pork to a bowl and set aside.
2. Add onion to the pan and sauté stirring occasionally, until translucent, 5–7 minutes. Add garlic and sauté, stirring occasionally, until lightly colored, 2–3 minutes. Return pork to pan, along with stock and squash, and bring to a boil. Reduce heat to medium-low and simmer, covered for about 30 minutes.
3. Add beans, tomatoes, corn and chiles and cook, uncovered, over medium heat until stew has thickened, about 40 minutes. Add cilantro and season to taste.