

Three Sisters Chili

Adapted from “Corn, Bean and Pumpkin Stew” in *The Greens Cookbook* by Deborah Madsion. Slow Food Corvallis created a meat version by adding beef chunks donated by Northwest Natural Beef. (The Greens is a San Francisco vegetarian restaurant.)

Serves 4 to 6

1 cup pinto beans, soaked overnight and drained	4 tbsp corn oil, light sesame oil, or light olive oil
Salt	1 large onion, cut into a medium dice
1 pound tomatoes, fresh or canned, peeled, seeded, and chopped; juice reserved	2 cloves garlic, finely chopped
3 ears corn (or frozen corn), about 1½ cups of kernels	1 tbsp paprika
1 tsp cumin seeds	2 cups bean broth or stock
1 tsp oregano	3 cups pumpkin or winter squash, peeled and cut into 1-inch cubes
1-inch piece cinnamon stick (or about ¾ teaspoon ground)	2 (or 3) serrano chilies, seeded and finely chopped
3 cloves (or about ¼ teaspoon ground)	Cilantro or parsley, chopped, for garnish

If you have not pre-soaked the beans, clean them, rinse them well, cover them with boiling water, and let them soak for 1 hour. Drain them, cover with fresh water, and bring to a boil. Cook about 1½ hours, or until the beans are tender. Drain the beans, reserving the cooking liquid.

Warm a small heavy skillet and toast the cumin seeds until their fragrance emerges; then add the oregano, stir for 5 seconds, and quickly transfer the spices to a plate or bowl so they don't burn. Combine them with the cinnamon and cloves, grind to a powder in a spice mill.

Heat the oil in a wide skillet and sauté the onion briskly over high heat for 1 minute; then lower heat to medium. Add the garlic, spices, paprika, and 1 teaspoon salt. Stir well to combine; then add ½ cup reserved bean broth (or stock of vegetable broth) and cook, stirring occasionally until the onion is soft. Add the tomatoes and cook 5 minutes.

Add the pumpkin or winter squash and another cup of bean broth or stock. After 20 to 30 minutes, or when pumpkin or squash is half cooked -- soft but still too firm to eat -- add the corn, beans and fresh chilies. Thin with the reserved tomato juice, adding more broth or stock as necessary. Cook until the pumpkin/squash is tender. Add more salt if necessary. Serve garnished with the chopped cilantro. Serve with corn bread, tortillas, or corn chips.



Kale Salad

1 bunch kale
1 large apple
2 tablespoons extra virgin olive oil
1 tablespoon apple cider vinegar
Salt
½ cup dried cranberries
¼ cup toasted chopped hazelnuts

Choose kale with tender leaves; chop fine. Dress with oil, vinegar and salt. Let stand while you prepare the apple (or longer). Cut apple into bite-size pieces. Toss with kale and cranberries. Just before serving, top with nuts.