

Algonquin Three Sisters Vegetables ~ Traditional Native American Recipe



Fantastic Vegetable Dish! Serve with steamed Wild Rice and a grilled Venison Steak!

Minutes to Prepare: 20

Minutes to Cook: 15

Number of Servings: 10

Ingredients

- 2 C Baby Lima Beans (Fresh or Frozen)
- 1 Red Bell Pepper
- 1 Green Bell Pepper
- 2 C Corn (Fresh or frozen whole kernels)
- 2 C Eggplant
- 2 C Fresh, Firm Roma Tomatoes
- 2 C Yellow squash (1 medium)
- 2 C Zucchini (1 medium)
- 2 T Butter or Butter Substitute
- 3 Cloves of Garlic
- 1 c White Onion
- 1/2 c Fresh Parsley
- 1/4 t Pepper
- 1/4 t Paprika
- Morton Salt Substitute to taste

Directions

Preparation

1. Chop all vegetables to bite size.
2. Dice the parsley, onions and garlic.

Cooking Method

3. In medium cast-iron skillet heat oil, add onion, garlic, peppers and sauté until soft.
4. Steam squash, zucchini and lima beans until done and add to the skillet.
5. Season with pepper, paprika.
6. Season with Morton Salt Substitute to taste.
7. Stir in the fresh parsley. Enjoy!

Serving Size: 8