

Three Sisters Rice: History of “The Three Sisters”



Do you know who “The Three Sisters” are? In Native American culture, corn, beans and squash are three inseparable sisters who grow and thrive together. The Three Sisters Garden is a Native American tradition of planting these crops to create the perfect biodiverse crop- preventing weeds and pests while enriching the soil and supporting each other. This recipe combines “Three Sisters” plus kale, cranberries, brown and wild rice to create a delicious and colorful dish!

What you need:

measuring cups	can opener
measuring spoons	medium cooking spoon
small paring knife, large cutting knife	large skillet and large pot
cutting board	serving bowls and spoons
colander	

Ingredients:

¼ c. sunflower or vegetable oil	2 tsp. salt
2 medium onions, peeled and diced	2 tbsp. garlic powder
16 oz. fresh kale (washed, de-stemmed, chopped) or frozen kale	2 tsp. ground black pepper
16 oz. frozen lima bean or 15 oz. can red kidney beans (drained and rinsed)	6 c. chicken broth, low sodium or 6 c water
16 oz. frozen corn or 15 oz. can corn (drained and rinsed)	2 c. wild rice or wild rice blend (thoroughly cooked)
2 lbs. butternut squash (peeled, seeded and chopped) or 16 oz. frozen butternut squash	1 c. dried cranberries
3 c. parboiled brown rice	

What to do:

1. Following wild rice or wild rice blend, thoroughly cook in large pot.
2. In large skillet, heat oil over medium heat. Add oil and all vegetables and beans. Stir fry for 15 minutes.
3. Add parboiled rice and seasonings. Stir with large cooking spoon.
4. Add chicken broth or water. Bring to boil, then reduce heat and simmer 20 to 25 minutes or until rice is soft.
5. Add cooked wild rice and dried cranberries. Stir thoroughly. Serve and enjoy!

References

<https://www.agfoundation.org/news/the-three-sisters>

<https://www.almanac.com/content/three-sisters-corn-bean-and-squash>

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Recipe adapted by Erica Benvenuti, RD, EFNEP Community Educator from original recipe of Chef Sherry Pocknett of Mahapee Wampanaog Nation