

This recipe was inspired by the Venetucci Farm in Colorado Springs. To learn about the impact of this farm on sport nutrition graduate students visit: [www.uccs.edu/swell](http://www.uccs.edu/swell)

# Three Sisters Succotash



## FRESH FROM THE GARDEN!

The Three Sister garden originates from Native American agriculture and food traditions.

Corn, beans, and squash are traditionally grown together because each supports the growth of the other. The corn, a heavy feeder, acts as a pole for the beans. The beans add nitrogen back into the soil to support continued growth of the corn. The squash, with its large leaves, acts as ground cover to retain moisture during the desert heat in the Southwest.

Just like these ancient cultures, corn, beans, and squash have all the essential nutrients for athletes and make a great meatless dish in the summer time!

### INGREDIENTS

- 4 cloves garlic, minced
- 1 leek, sliced thin
- ¼ cup roasted pueblo chile, deseeded, chopped fine
- 1 ½ cups black beans, cooked
- 1 cup carrots, sliced thin
- 1 cup Hopi turquoise corn, nixtamalized
- 1 cup summer squash, chopped, ¼" cubes
- 1 bunch fresh cilantro, chopped
- Red pepper flakes to taste
- Salt to taste
- Black pepper to taste

### DIRECTIONS

1. Using a medium sized sauté pan, sauté minced garlic, leeks, and chiles until translucent.
2. Add the corn kernels and all other chopped vegetables and sauté for 5-10 minutes until tender.
3. Season to your preference.
4. Remove the vegetables from heat and garnish with herbs of your choosing.

*This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free*