

THREE SISTERS CHILI



Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Olive oil	2 Tbsp	1/4 cup	1/2 cup	1 cup
Onion, chopped	2/3 cup	1 1/3 cups	2 2/3 cups	4 cups
Garlic cloves, minced	2	4	8	10
Poblano pepper, chopped	1/3 cup	2/3 cup	1 1/3 cups	2 2/3 cup
Butternut squash, cubed	1 3/4 cups	3 1/2 cups	7 cups	14 cups
Kidney beans (15 oz can)	1	2	4	8
Diced tomatoes (14 oz can)	1	2	4	8
Vegetable broth	1 1/4 cups	2 1/2 cups	5 cups	10 cups
Green chiles (7 oz can)	1	2	4	10
Corn (15 oz can)	1	2	4	10
Cumin	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Oregano	1 tsp	2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Bay leaf	1	1	2	3
Salt	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Black pepper	1/2 tsp	1 tsp	2 tsp	1 Tbsp + 1 tsp

Tbsp = tablespoon tsp = teaspoon

Preparation:

- In a large pot, heat oil over medium. Add onions, garlic & poblano pepper. Sauté 4-5 minutes, or until softened. Stir in squash, beans, tomatoes, broth, green chiles, corn & spices.
- Bring to a boil, then reduce heat to low & simmer 25-30 minutes, or until squash is tender.
- Remove bay leaf before serving. Serve hot with cornbread or brown rice.

Cook Time: 15 min

CACFP Guidelines

1 cup chili provides 1 1/2 oz equivalent meat alternative & 1/2 cup vegetable. Serve with 1/2 slice whole grain cornbread or 1/4 cup brown rice for 1/2 oz eq grain.

• TIP •

Save time chopping by using frozen, cubed butternut squash.

Nutrition Facts

variable servings per recipe

Serving size 1 cup (358g)

Amount per serving

Calories **210**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 670mg **29%**

Total Carbohydrate 31g **11%**

Dietary Fiber 8g **29%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 80mg **6%**

Iron 2.2mg **10%**

Potassium 650mg **15%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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CORN, BEANS & SQUASH



Health Benefits

This chili is packed with nutrients that support long-term health. It is high in fiber, plant-based protein & essential vitamins. The key ingredients, corn, beans & squash, are known as the “Three Sisters” for how they work together in both cooking & farming. Beans provide protein & fiber for energy & digestion. Butternut squash is rich in vitamin A for eye & immune health. Corn adds B vitamins & fiber. Together, they support heart health, regulate blood sugar & promote fullness.

History

The term “Three Sisters” comes from traditional Indigenous farming methods in North America, including those of the Haudenosaunee (Iroquois). Using companion planting, corn grew tall to support climbing beans. Beans fixed nitrogen in the soil, enriching it for all crops. Squash spread out to retain moisture & suppress weeds. This method improved soil health & provided a balanced diet. The name reflects how the crops supported one another like family.



Culture

The Three Sisters are more than crops, they’re part of Indigenous cultural identity & spiritual beliefs. Many Native communities view them as gifts from the Creator, working together to nourish & protect the people. They played central roles in feasts, ceremonies, & storytelling. Cooking with them today honors connections to land, family & history.

Varieties

Varieties of beans, corn & squash differ by region & season. In the Southwest, cooks might use pinto beans, blue corn, or chayote squash. In the Northeast, acorn or Hubbard squash & heirloom beans like scarlet runners are common. Hominy or roasted corn may replace sweet corn. These adaptations show how traditional foods evolve while preserving cultural roots.



Works Cited



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Recommended Kids Books:

- *Three Sisters Garden* - By Sandy Baker
- *Keepunumuk: The Three Sisters* - By Greendeer
- *Strong Stories: Kanyen’kehà:ka: The Three Sisters* - By Michelle Corneau

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