



Three Sisters Culinary BIG IDEAS

Today, you will learn about the benefits of growing and eating the **Three Sisters** (beans, corn, and squash) together.



YOU WILL NEED:

- Pencil and/or colored pencils
- Paper or Journal
- [Three Sisters Succotash](#) Recipe Card
- Culinary materials: knives, cutting board, sauté pan, stovetop, mixing spoon
- Serving utensils: bowl, spoon
- Cooking Ingredients: olive oil, butternut squash, corn, black beans, black pepper, salt, cumin, paprika, corn tortillas
- Taste-Test: Three Sisters Succotash “taste-test”

GROW MINDS, CULTIVATE COMMUNITY



WHAT TO DO:

1. **WATCH:** [The Green Heart Rules of Respect](#) and **REVIEW:** *What are the three Green Heart rules of respect?*
2. **READ:** the [Three Sisters Legend](#). A **legend** is an old story that is based on truth but has parts that cannot be proven true because it has been passed down from person to person.
3. **WATCH:** the Three Sisters Nutrition [video](#).
4. **ANSWER** the following **questions** in your journal:
 - 1) What are the Three Sisters?
 - 2) Illustrate a picture of each Three Sisters vegetable.
 - 3) What nutritional value do each of the Three Sisters have when they are on your plate?
5. **WATCH:** [Cooking in the Kitchen video](#) to review kitchen and knife safety before you start cooking!
6. **GATHER:** all of the ingredients and culinary materials that you will need for the lesson.
7. **COOK:** your balanced, hearty Three Sisters Succotash by following the recipe.








Three Sisters Succotash

Ingredients

1 tbs	Olive Oil
2 cups	Summer Squash
1/2 cup	Corn
15 oz can	Black Beans
1/4 tsp	Black Pepper
1 clove	Garlic
1 tsp	Salt
1 tsp	Cumin
1 tsp	Paprika

Optional: Get corn tortilla shells and use succotash mix as a taco filling

Directions

-  Peel and cube (the smaller the better) Butternut Squash
-  Place a pan with oil and garlic onto stove and bring to medium heat.
-  Once garlic is golden, add squash to pan and allow to cook for five minutes, stirring frequently
-  Add black beans, corn and spices and let cook for another 5 minutes.
-  Once cooked, remove succotash from burner. Serve as its own dish or put into corn tortillas to make tacos. Enjoy!

8. **TASTE-TEST (OPTIONAL)** - Try your Three Sisters Succotash in 3...2...1... Taste test!

- **WATCH:** [How to do a Green Heart Taste-Test: Rules & Ratings.](#)
 - Give your taste-test a Green Heart rating.
3= *the best thing you've ever tasted!*, 2= *it was okay, but not my favorite*, 1= *I don't really care for it*

9. **CLEAN-UP:** Put your Green Heart supplies back into a safe space and get ready for next week!

For educator notes & to “dig deeper” see [here](#).