

Tools needed for Three Sisters Stew and Baked Bannock

Medium bowl for Bannock, dough cutter, scraper, rolling pin if you like.

Baking pan/Sheet, for Bannock

Medium/large Soup pot for Stew, spoon, knife and cutting board

Measuring Bowls and spoons

Serving bowl/plates for Stew and Bannock

Bannock, Baked

A: 3 cups flour

1 Tbsp baking powder

½ tsp salt

1 Tbsp sugar

B: ¼ cup margarine or butter, cold

C: 1 cup water, room temperature

In a large mixing bowl, add (A) together and mix thoroughly.

Once dry ingredients are mixed, cut in your margarine with a fork or dough cutter until resembling small peas.

Add 1 cup of water and mix into the mixture until it comes together, knead for 20 seconds.

Roll out/or pat down your dough in greased and floured pan. Let sit for 2 minutes to rest and rise.

Drizzle with 1 Tbsp of butter or margarine.

Place in a pre-heated 400F oven for 15 minutes, take out and drizzle again with butter, back in for 15-20 minutes.

3 Sisters Stew

Serves 6

Ingredients

- 1 Tbsp Canola Oil
- 2 Cups Onion, Chopped
- 1 Lb Lean pork, cut into small/medium cubes or slices
- 3 cloves Garlic, Chopped
- 1 Tbsp Jalapeno, or a hot pepper chopped
- 1 Tbsp Oregano
- 1 Tbsp Chilli Powder
- 1 Tbsp Cumin
- 1 x 28 oz can Diced tomatoes
- 2 Cups Water or Stock
- 2 Cups Squash, diced (Acorn or Butternut)
- 2 Cups Potato, Diced
- 2 Cups Carrot, Diced
- 2 Cups Green Beans, chopped (Canned Kidney, Chickpea, Lima work)
- 2 Cups Corn, fresh or frozen
- 1 tsp Salt, ½ tsp Pepper

Method

In a Large Pot sauté Onions with Oil on Medium heat 1 minute, add Pork and cook until brown, about 5 minutes.

Add Garlic, Jalapeno, and herbs, cook 2 minutes.

Add your tomatoes and water, bring to a boil, and add the rest of your ingredients.

Cover and cook on medium/low heat for about 20 minutes or until your potatoes and squash are tender.

Eat and enjoy!