

Three Sisters Stew (Zucchini with Corn and Green Beans) *Estofado de las tres hermanas (calabacitas con elote y ejotes)*

Ingredients

2 tbsp.	oil
½	onion; chopped
2-3	hot green peppers, such as serranos or jalapeños; stems removed and sliced thin
1 cup	green beans; trimmed and sliced into short cylinders
1 cup	corn kernels, fresh or frozen
3	medium zucchini; ends removed and cubed
2 tbsp	tomato paste
½ cup	water
Salt and pepper, to taste	

Toppings (optional)

1 cup	sprouts, such as sweet pea, alfalfa or mung bean
1 ½ cups	fresh cheese, such as Cotija, panela or feta; crumbled
1 link	dried cured Spanish style chorizo; sliced and pan-fried

Fry the onions and hot peppers with the oil in a large pan over medium heat; once the onions are translucent, add green beans and continue cooking and stirring. After a couple of minutes, add corn kernels, and continue cooking for another two to three minutes; stir in zucchini, mixing together with the rest of the vegetables.

Mix tomato paste with water, then add to the pan, stirring to coat all the vegetables with the sauce; season with salt and pepper to taste and bring to a boil, then reduce heat to a simmer and cook, undisturbed, for a few more minutes, until reaching desired texture for the zucchini. Adjust seasoning with more salt and pepper, if needed. The most traditional way to serve this stew is generously topped with crumbled fresh cheese, as seen in the photo, right.



This makes a wonderful main course for a vegetarian meal, or a side, great with chicken, or a steak; other toppings may be chosen, depending on diet preferences. In the photo right, from left to right: sweet pea sprouts, for a vegan meal; crumbled cheese, as mentioned before; a complete meal with crumbled cheese and slices of fried Spanish chorizo.

