

## Three Sisters Rice

### ***Ingredients:***

3 Cups chicken stock/water  
1 Cup Ojibway/wild rice  
1 medium yellow squash, cubed  
1 medium zucchini squash, cubed  
2 Cups of whole corn (can be frozen)  
2 Cups of pinto or pink beans (do not use kidney beans)  
1 red bell pepper, roasted and cut into bite-size strips  
1 green bell pepper, roasted and cut into bite-size strips  
2 Cups corn oil  
3 cloves garlic, finely diced  
1 Cup diced onion  
2 Cups chopped fresh prasley  
3 teaspoons white pepper  
3 teaspoons paprika  
salt to taste

### ***Preparation:***

1. Large pot, medium heat, bring stock/water to a rolling boil. Slowly sprinkle in rice with a pinch of salt, then lower heat. Cover and steam 20 minutes. Gradually add the squash, beans, roasted peppers and corn. Stir well but gently. Cover and steam for an additional 20 minutes.
2. While mixture is cooking, warm the oil in an iron skillet over medium heat. Add garlic and onions, quickly stirring, and cook for about 5 minutes until garlic and onions are just about translucent but not brown. Add the rest of the seasonings, stir thoroughly and remove from the heat.
3. Add these ingredients to the steaming rice and balance seasonings and liquids. Steam for a final 5 minutes, covered. Fluff and serve.

**Serves: 10 - 12**

