

Three Sisters Bowl with Hominy, Beans and Squash

By Sean Sherman

- **YIELD** 4 servings
- **TIME** About 2 hours, plus overnight soaking



Marcus Nilsson for The
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There are quite a few legends within various Indigenous communities involving the three sisters: corn, bean and squash. The ancient and advanced farming techniques from the Cherokee and so many other tribes throughout the East Coast yielded countless strains of these ingredients, in many sizes, colors and flavors. These diverse seeds are not only a direct connection to the past, but a symbol of resistance to the destruction of our cultures. This recipe showcases the simplicity of these flavors and can stand alone as a vegan meal or can accompany [bison pot roast](#), [roast turkey](#) or [salmon with crushed blackberries](#).

Featured in: [Sean Sherman's 10 Essential Native American Recipes](#) in NYT.

[Sean Sherman's 10 Essential Native American Recipes - The New York Times \(nytimes.com\)](#)

INGREDIENTS

- ½ cup dried hominy OR use 2 cups of canned hominy
- ½ cup dried brown Tepary beans OR substitute Navy or Great Northern beans
- 1 small, unpeeled acorn squash (about 1 1/4 pounds), halved, seeds and membranes scraped away, then cut into 1-inch chunks
- 3 Tablespoons sunflower oil
- Coarse sea salt
- 1 small yellow onion, halved and thinly sliced
- 1 Tablespoon New Mexico Hatch chile powder or any mild smoked red chile powder
- 2 teaspoons chopped fresh sage
- Smoked sea salt
- ½ cup chopped dark greens, such as dandelion greens, kale or spinach

PREPARATION

1. Place the hominy and tepary beans in separate medium bowls. Add enough water to each to cover the beans by 4 inches, and soak overnight at room temperature.
2. About 3 hours before serving, drain the hominy and the beans and place them in separate 3- to 4-quart pots. Add enough cool water to cover the hominy and tepary beans by 4 inches. Set each over high heat, bring to a boil, then lower the heat and simmer gently, stirring occasionally and skimming any foam that rises to the surface, until tender, about 1 1/2 to 2 hours. Reserve 2/3 cup of the cooking liquid from each pot (for 1 1/3 cups liquid). Drain the hominy and the beans and set aside.
3. Meanwhile, prepare the squash: Heat the oven to 425 degrees. On a parchment-lined rimmed baking sheet, toss the squash with 1 Tablespoon oil and a pinch of coarse sea salt. Arrange the squash in an even layer and roast until golden and very tender, stirring halfway through, 35 to 45 minutes.
4. In a large skillet, heat the remaining 2 Tablespoons oil over medium-high. Add the onion, chile powder, sage and a generous pinch of smoked salt and cook, stirring occasionally, until the onions are tender, 5 to 8 minutes. Add the reserved 1 1/3 cups cooking liquid and bring to a simmer.
5. Add the cooked hominy and beans to the skillet, then stir in the roasted squash and greens. Season to taste with coarse sea salt and serve.