

### 3 Sisters Harvest Bowls

#### For the squash

#### Ingredients

2 cups Seminole pumpkin or kabocha squash, peeled and cubed  
pinch of salt  
1 tablespoon balsamic vinegar  
1 tablespoon olive oil  
For the beans and corn  
1-2 tablespoons olive oil  
1 Vidalia onion, diced  
1-2 stalks celery, diced  
1 red pepper, diced  
2 tablespoons chopped parsley  
1 tablespoon chopped sage  
1 teaspoon minced rosemary leaves  
1 teaspoon thyme leaves  
2 ears corn  
1 1/2 cups pre-cooked or canned beans  
salt and pepper, to taste  
Serve with: wild rice, quinoa, arugula, or kale

#### Instructions

Preheat the oven to 425.

Toss the squash cubes with salt, vinegar, and olive oil. Spread on a baking sheet. Roast for 20-30 minutes, stirring every 10 minutes or so, until tender all the way through when you poke them with a fork.

Meanwhile, sauté the onion in a large Dutch oven for a few minutes, stirring. Add the celery. Cook until both are soft and translucent. Stir in the red pepper and herbs.

Slice the corn off the cobs and add it to the pot. Give it a good stir. Gently fold in the beans. Simmer, and add salt and pepper to taste.

Build your bowl with wild rice, quinoa, kale, and/or arugula. Top with the corn and beans mixture and roasted squash. Garnish with some fresh herbs if you're feeling it.

Source: suwannee rose <https://suwanneerose.com/>