

Three Sisters Casserole

- Prep Time: 10 minutes (plus overnight to soak beans)
- Cook Time: 10 hours
- Total Time: 10 hours, 10 minutes (plus overnight to soak beans)
- Servings: 4



Ingredients:

- 2 cups Dakota's Pride Great Northern Beans
 - 5 cups water
 - 1 cup Simply Nature Organic Quinoa, ground
 - 1 cup Pueblo Lindo Instant Corn Masa Mix
 - 2 tablespoons chopped fresh basil
 - 1 tablespoon Carlini Extra Virgin Olive Oil
 - 1 teaspoon Stonemill Iodized Salt, divided, plus additional to taste
 - 1 teaspoon Stonemill Black Pepper, divided, plus additional to taste
 - 5 cups Simply Nature Organic Vegetable Broth, divided
 - 1 onion, diced
 - 3 carrots, diced
 - 5 cloves garlic, minced
 - 1 bell pepper, diced (optional)
 - 3 Roma tomatoes, diced
 - 16 ounces Season's Choice Frozen Sweet Corn
 - 1 medium butternut squash, peeled, seeded and diced
 - 2 tablespoons chopped fresh thyme
 - 2 teaspoons Stonemill Ground Cumin
 - 1 tablespoon Stonemill Chili Powder
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Directions:

1. In a large bowl, combine beans and water, soak 3 hours or overnight. Drain beans, reserve.
2. In a medium bowl, whisk together ground quinoa, corn masa, basil, olive oil, ¼ teaspoon salt, ¼ teaspoon pepper and 3 cups vegetable broth.
3. Combine remaining ingredients in slow cooker; mix thoroughly. Top with quinoa mixture. Cook on high for 5 hours or low for 10 hours. Season to taste with salt and pepper.

Tip: To cut down prep time, use canned Great Northern Beans instead of dry. Drain and rinse the beans before adding to the slow cooker. No soaking required!



Recipe Courtesy of:
ALDI Test Kitchen