

# CELEBRATING NATIVE AMERICAN HERITAGE MONTH

## **Poyha**

### Ingredients:

2 lbs ground turkey or 2 lbs ground chicken

3 tablespoons oil

3 slices bacon, chopped, if you are not using bacon as the pan dripping, add 1/2 tsp salt (optional) or 3 slices salt substitute (optional)

2 (14 ounce) cans whole kernel corn drained or 2 cups frozen corn, thawed

2 cups green seedless grapes, chopped fine

1 large yellow onion, diced

3 eggs

1 1/4 cups coarse yellow cornmeal

1/2 teaspoon pepper

Pam Cooking Spray

Paprika (optional)

1/2 teaspoon garlic salt (optional)

### Instructions:

In a blender or food chopper, chop the corn until it is very small pieces.(do not overdo). You don't want liquid. Set aside.

In large mixing bowl, add chopped corn, chopped grapes, onion, eggs and pepper. Beat until eggs are mixed. Set aside. If you want to add optional paprika and garlic salt, add to mixing bowl.

### CAST IRON SKILLET OR DUTCH OVEN:

Brown ground meat in the oil or in the raw chopped bacon pieces. Cook just until brown. Do not overcook. Add drained meat to corn mixture. Wipe out skillet or Dutch oven with a paper towel. Season with a little grease or oil.

Add cornmeal to meat and corn mixture. Mix well. Add more cornmeal, a little at a time ie. 1 tablespoon at a time, if the mixture is runny. Should be moist.(note: you might have to use a total of 1 1/2 cups cornmeal or a little more if the corn is very moist.

Pack into cast iron Dutch oven. Cover.

Note: You can put a heat proof dish that will fit down inside on top of meat, then cover.

Put on grill medium heat for 45 minutes to 1 hour. Over hot coals 45 minutes.Cool at least 15 minutes. Cut slices in the Dutch oven, then lift slices out to serving dish.

### MEAT LOAF PANS:

Spray with Pam. Pack into two loaf pans.

Bake 350\* 45 minutes.

Bake 350\* 1 hour to 1 hour 15 minutes if packed in a very large loaf pan.

Make sure you cool at least 15 minutes or longer. The loaf must set up.

Serve with gravy, white sauce, ketchup.

Slice for sandwiches, or add with fried potatoes.

This is a very moist meat loaf and definitely a full meal. You can add salsa or peppers after slicing if you prefer or any meat sauce. You may put the meat on fry bread and top with salsa also.

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## Three Sisters Stew

### Ingredients:

1 large butternut squash or sugar pumpkin, about 2 pounds; or use precut squash  
2 tablespoons olive oil  
1 onion medium, chopped  
3 cloves garlic, minced  
1 bell pepper medium, green or red, cut into short narrow strips  
14 ounces fire-roasted diced tomatoes canned, with liquid  
2 1/2 cups canned pinto beans drained and rinsed  
2 cups corn kernels fresh or frozen  
1 cup vegetable stock or water  
1 hot chili pepper fresh, seeded and minced; or substitute one 4-ounce can chopped mild green chilies  
2 teaspoons ground cumin  
2 teaspoons chili powder or mesquite seasoning, add more to taste  
1 teaspoon dried oregano  
salt to taste/black pepper to taste  
1/4 cup fresh cilantro or parsley, fresh, chopped

### Instructions:

Preheat the oven to 375 degrees F.

Remove stem from the pumpkin or squash and cut in half lengthwise. Cover with aluminum foil and place the halves, cut side up, in a foil-lined shallow baking pan. If your knives aren't sharp enough, just wrap the pumpkin or squash in foil and bake it whole. Bake for 40 to 50 minutes, or until you can pierce through with a knife, with a little resistance.

When cool enough to handle, scrape out the seeds and fibers (clean the seeds for roasting, if you'd like). Slice and peel, then cut into large dice.

Heat the oil in a soup pot. Add the onion and sauté over medium-low heat until translucent. Add the garlic and continue to sauté until the onion is golden.

Add the pumpkin or squash and all the remaining ingredients except the last 2, and bring to a simmer. Simmer gently, covered, until all the vegetables are tender, about 20 to 25 minutes. Season to taste with salt and pepper.

If time allows, let the stew stand for 1 to 2 hours before serving, then heat through as needed. Just before serving, stir in the cilantro. The stew should be thick and very moist but not soupy; add additional stock or water if needed. Adjust seasonings to your liking. Scoop into bowls to serve.

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## MAPLE SAGE ROASTED VEGETABLES

### Ingredients:

- 1 small winter squash, peeled, seeded, cut into ½-inch chunks
- ½ pound sun chokes, cut into ½-inch chunks (see note)
- 1 medium sweet potato, cut into ½-inch chunks
- ½ pound turnips, cut into ½-inch chunks
- 2 tablespoons sunflower oil
- Pinch coarse salt
- 2 teaspoons chopped sage
- 2 tablespoons maple syrup
- 2 tablespoons maple vinegar (see note)
- 1 teaspoon whole grain mustard
- Toasted corn nuts and dried cranberries, for garnish

### Instructions:

- Preheat the oven to 425F.
- Toss the vegetables with enough oil to generously coat. Spread out on a baking sheet so that they are not touching and sprinkle with a little coarse salt and fresh sage.
- Roast, shaking the pan often, until the vegetables are tender and begin to brown, about 30 minutes.
- In a small bowl, mix together the maple syrup, maple vinegar, and mustard and brush over the roasted vegetables. Return to the oven and roast another 7 to 10 minutes to glaze. Remove and serve warm, with garnishes.

*- Note: If sunchokes are unavailable, substitute jicama or potatoes. Maple vinegar is fermented from the sap collected at the end of the maple season; substitute apple cider vinegar with a bit of maple syrup. - Yield: 4 to 6 servings*

# CELEBRATING NATIVE AMERICAN HERITAGE MONTH

## **Perfect Wild Rice**

### Ingredients:

1 cup small diced yellow onion (1 small onion), optional  
1 cup small diced celery (about 3 celery ribs), optional  
2 cups wild rice (make sure it's all wild rice, not a mix!)  
1 quart (4 cups) vegetable broth  
1 cup water  
1 teaspoon kosher salt, divided

### Instructions:

Prep the veggies (optional but recommended):

Small dice the onion.

Dice the celery.

In a large saucepan, place the onion, celery, wild rice, vegetable broth, water, and 3/4 teaspoon kosher salt.

Bring it to a boil, then cover and simmer 45 to 50 minutes, until the rice is split and tender. (Most of the grains will split, but not all: see the photo.)

Drain excess liquid. Taste and add an additional 1/4 teaspoon kosher salt.

If you would like, add a drizzle of olive oil or a tablespoon or two of butter (but it tastes great on its own).