



Three Sisters Arepas

Equipment Needed

- Mixing bowls
- Frying pan
- Cutting board
- Knife
- Food processor, blender (immersion or stand), or hand chopper
- Spatula and/or wooden mixing spoons
- Your home stovetop or electric burner
- Measuring cups
- Measuring spoons

Ingredients

Fresh Ingredients

- Butternut squash (or sweet potatoes, other winter squash, carrots, etc.)
- Scallion
- Cilantro
- Garlic
- Lemon or lime
- Jalapeno (optional)

Pantry Ingredients & Spices

- Masa harina
- Sea salt
- Ground cumin
- Olive oil (or other vegetable oil)
- Black beans (or pinto beans)
- Cayenne pepper (optional)