

LET'S COOK!

THREE SISTERS SOUP



THREE SISTERS SOUP (CORN, BEAN AND SQUASH)

Servings: 8 Ready in: 45 minutes

Three Sisters Soup is part of the Haudenosaunee creation story and an important traditional food in many gatherings. Corn, beans, and squash are known as the “Three Sisters”, because they help each other grow when planted together.

2 tsp	vegetable oil
1	onion, diced
3	carrots, chopped
3 cloves	garlic, minced
3 stalks	celery, chopped
5½ cups	vegetable broth
1 small	butternut squash, peeled and cubed
1½ cups	frozen corn
1 can (540 mL/19 oz)	kidney beans, drained and rinsed
1 tsp	dried thyme (or 2 tbsp fresh)
1 tsp	ground pepper

NUTRITION TIPS

To increase the fibre and reduce the saturated fat in this recipe, use:

- No salt added kidney beans
- No salt added vegetable broth

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INSTRUCTIONS:

1. Heat oil in a large saucepan. Add onion and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrots, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add squash. Simmer, covered, for 8-12 minutes, or until squash is softened, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft and can be pierced with a fork.

TIPS: Serve this soup with bannock or crusty whole grain bread.

Refrigerate for up to 2 to 3 days or freeze for up to 2 weeks.

You can use canned corn instead of frozen – make sure to drain and rinse it first.

You can also use frozen diced butternut squash – there is no need to thaw it first.

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