

Three Sisters Soup

Ingredients:

- 1 butternut squash
- 2 Tbsp olive oil
- ¾ cup chopped onions
- 1 ½ cups chopped celery
- 1 cup chopped carrots
- 1 Tbsp. minced garlic
- 8 cups low-sodium chicken broth
- ½ tsp. ground cumin
- ½ tsp. dried thyme
- ½ tsp. pepper
- salt to taste
- 3 cups corn (fresh or frozen)
- 4 cups canned Great Northern Beans

Tools:

- Knife
- Cutting board
- Vegetable peeler
- Large pot with lid
- Spoon
- Large mixing bowl
- Measuring spoons
- Measuring cups (dry and liquid)
- Ladle
- Can opener

Directions:

1. Rinse produce with cool water.
2. Peel, quarter and de-seed squash. Cut into half-inch cubes.
3. Peel carrot. Chop carrot, onion, celery.
4. Mince garlic.
5. Heat oil in large sauce pan over medium heat. Add onion, celery, and carrots and cook, stirring occasionally until tender, about 5 minutes.
6. Add garlic. Cook and stir for one minute.
7. Add broth, squash, and spices and bring to a slow boil.
8. Cover and simmer, stirring occasionally, until vegetables are tender, about 30-45 minutes.
9. Add corn, beans and salt to taste. Return to simmer and cook 5 minutes more.

Recipe by Michigan State University Extension

Provided by Northwest Food Coalition's Farm2Neighbor program

Watch the video: <https://northwestmifoodcoalition.org/videos/three-sisters-soup/>