

Three Sisters Soup

Ingredients:

- 1 ½ tablespoons vegetable oil
- ¾ cup diced carrot
- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 cups diced summer or winter squash (fresh or frozen)
- 1 ½ cups corn (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 ½ cups cooked beans (any type) or a 15-oz can (drained and rinsed)
- 1 can (15 ounces) diced tomatoes or 2 cups diced fresh
- 3 ½ cups low-sodium broth (any type)
- 1 teaspoon cumin
- ¼ teaspoon pepper

Directions:

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).
6. Refrigerate leftovers within 2 hours.

Notes: Try this: change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 tablespoon of curry powder.

Thanks to the Food Hero Indigenous Peoples work group for this recipe.

Prep time: 15 minutes

Cook time: 30 minutes

Makes: 8 cups

Nutrition Facts: You can view on foodhero.org