



Three Sisters Soup

Prep time: 5 min
Cook time: 25 min
Serves: 4-6

INGREDIENTS

- 3 tbsp canola oil
- 1/2 cup chopped onion (from about 1 medium onion)
- 2 cloves garlic, minced or 1 tsp minced garlic
- 3 cups chicken or vegetable stock
- 1/2 tsp salt
- 1 can corn kernels, drained
- 1 can white beans, drained
- 1 can pumpkin puree
- **Optional:** 1/4 tsp red pepper flakes
- **Optional:** 1 tbsp honey

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Add oil to a large saucepan over medium high heat.
2. Add onion and garlic and cook for about 5 minutes until soft.
3. Add salt, stock, corn and beans and bring to a boil.
4. Reduce heat to low, cover and cook for about 15 minutes.
5. Use a potato masher to mash some of the corn and beans against the bottom of the pot.
6. Stir in pumpkin. Stir in red pepper flakes and honey if using. Cook for about 5 minutes.
7. Serve hot and enjoy!

The “**three sisters**” are corn, beans and squash. They are traditionally grown together by Native Americans of North America. Corn plants give support to the climbing bean plants. Bean plants add nitrogen to enrich the soil. The large leaves of squash plants block weeds from growing.



Public Health

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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