

Three Sisters Soup

Ingredients

YIELDS: 8 servings PREP TIME: 30 minutes

- 2 tsp (10 ml) vegetable oil
- 1 onion
- 4 carrots
- 4 stalks of celery
- 4 cloves garlic
- 8 cups (2 L) vegetable broth
- 2 cups (500 ml) frozen butternut squash
- 1 ½ cups (375 ml) frozen corn
- 2 cans (2 x 540 ml) no salt added kidney beans
- 2 tsp (10 ml) dried thyme
- 1 tsp (5 ml) ground pepper



EQUIPMENT: Can opener / 4 cutting boards / electric skillet / 4 knives / liquid measuring cup / set of measuring spoons / set of measuring cups / small bowls for sampling / strainer / wooden spoon / vegetable peeler

Directions

- 1) Thoroughly wash all produce under cool running water.
- 2) Dice onion. Chop carrots and celery. Mince garlic.
- 3) Heat oil in the skillet. Add onion and sauté over medium heat, stirring often until golden (about 2 minutes).
- 4) Add carrots, celery and garlic and sauté for another 8 minutes, or until softened.
- 5) Add vegetable broth and bring to a boil.
- 6) Turn down heat and add squash, corn, beans, thyme and pepper. Stir and simmer another 5 minutes until all vegetables are cooked soft.

Chef's Tip



In some Indigenous communities, the three crops of corn, squash and beans are called "Three Sisters" because they help each other grow when planted side by side.

Let's Get Cookin'!



Recipe adapted from Canada's Food Guide