Three Sisters Soup

Want leftovers for lunches? Refrigerate for up to three days or freeze for up to two weeks.



Ingredients:

1 pound butternut squash

- 2 Tbsp olive oil
- 3/4 cup chopped onions
- 11/2 cups chopped celery
- 1 cup chopped carrots
- 1 Tbsp minced garlic
- 8 cups low sodium chicken broth
- 1-2 tsp salt, to taste
- 1/2 tsp ground cumin
- 1/2 tsp dried thyme
- 1/2 tsp pepper
- 3 cups corn (fresh or frozen)
- 4 cups canned Great Northern Beans

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Michelle Smith, RD Nutrition Program Instructor

231-922-4823 smithmmk@msu.edu Directions:

- 1. Peel, guarter and de-seed squash, Cut into 1/2 in cubes.
- 2. Heat oil in large sauce pan over medium heat. Add onion, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes.
- 3. Add garlic; cook and stir for 1 minute.
- 4. Add broth, squash and spices and bring to a slow boil.
- 5. Cover and simmer, stirring occasionally, until vegetables are tender, 30-45 minutes.
- 6. Add corn. beans and salt to taste. Return to simmer and cook 5 minutes more.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office.

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