



## Recipe Card

Serves 8-10

35 minutes

### Three Sisters Soup

#### Tools Needed:

- 8 quart Stock pot
- Can opener
- Stirring spoon
- Soup ladle
- 2 Cutting boards
- 2 Knives
- 2 Graters
- Food Chopper
- 4 Bowls
- Liquid measuring cup
- Measuring cups
- Measuring spoons

#### Ingredients:

- 2 Tbs. olive oil
- 2 c. water
- 2 c. vegetable broth
- 2 c. corn (sweet corn or hominy)
- 2 c. beans (any type), bite-sized
- 2 c. winter squash, cubed
- 1-2 c. potato, grated
- 1 onion (optional)
- 3 cloves garlic (optional)
- 1 t. dried sage
- ¼ c. fresh parsley, chopped
- 1 t. chipotle powder
- salt to taste

#### Directions:

1. Heat olive oil in stockpot, sauté onion until translucent.
2. Add water, broth and squash – cook 10 min or until squash begins to feel tender.
3. Add corn, beans, potato, garlic, herbs and spices – cook 5-10 minutes or until potato and squash are cooked to desired consistency.
4. Ladle into bowls and enjoy!

**Notes:** Taste test as you cook! Soups are flexible recipes that can be changed and adapted easily based on what you have available and the flavors you enjoy.