## **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

## **Directions:**

- 1. Peel, quarter 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.