

Squash, Green Bean and Corn Soup

This recipe will be a hit with your family! It has enough spice for flavor, but not so much that it turns off the younger kids.

Makes: 8 servings

Prep Time: 15 minutes

Cook Time: 60 minutes

Source: modified from a firstnations.org recipe

Ingredients

- ½ lbs. lean pork or beef
- 10 oz. bag frozen corn (or fresh/canned equivalent)
- 10 oz. bag frozen green beans (or fresh/canned equivalent)
- 4 cups diced squash (any except acorn)
- 4 cups water
- 4 cups low-sodium broth or cooking stock
- Optional seasonings or fresh herbs

Directions

1. Trim all visible fat from meat and cut into cubes about ½ square and add to large pot.
2. Cover meat with water and broth.
3. Add seasonings and simmer about 30 minutes.
4. Add squash and corn; cook about 15-20 minutes longer. If using zucchini or summer squash, cook only about 10 minutes.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	143
Total Fat:	3g
Saturated Fat:	1g
Cholesterol:	22mg
Sodium:	60mg
Total Carbohydrates:	38g
Dietary Fiber:	21g
Total Sugars:	3g
Added Sugars:	0g
Protein	11g

Utensils Needed

- Large pot
- Sharp knife
- Cutting board
- Measuring cup
- Wooden spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$13.02

Average cost/serving: \$1.63

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
1/2 pound lean pork or
beef



Add 1 to Cart
Frozen Corn, 10 oz



Add 1 to Cart
Frozen green beans, 10 oz



Add 1 to Cart
Squash



Add 1 to Cart
Low sodium broth, 32 oz

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- The leanest cut of pork is tenderloin.
- Dried herbs and seasonings can be purchased at the dollar store to reduce cost.
- Look for no salt added seasonings.
- To make hard squash (such as butternut) easier to peel and cut, make large slits and microwave it for 3-5 minutes before cutting.
- When choosing broth or cooking stock, a low-sodium version can drastically reduce sodium content.