

Three Sisters Soup

Warm and comforting easy-to-make soup with squash, beans, and a savory broth.

Makes: 8 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Source: foodhero.org

Ingredients

- 1 1/2 Tablespoons vegetable oil
- 3/4 cup diced carrot
- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 cups diced squash (summer or winter, fresh or frozen)
- 1 1/2 cups corn (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 1 1/2 cups cooked beans (any type) or a 15-ounce can (drained and rinsed)
- 1 can (15 ounces) diced tomatoes or 2 cups diced fresh
- 3 1/2 cups low-sodium broth (any type)
- 1 teaspoon cumin
- 1/4 teaspoon pepper

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pot on medium heat. Add carrot and onion and cook until onions begin to turn a little brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil, then turn heat down to a simmer until all vegetables are tender to taste. This will take 15 to 30 minutes, depending on the vegetables used.
6. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	94
Total Fat:	3g
Saturated Fat:	.5g
Cholesterol:	0mg
Sodium:	22mg
Total Carbohydrates:	11g
Dietary Fiber:	2g
Total Sugars:	3g
Added Sugars:	0g
Protein	6g

Utensils Needed

- Cutting board
- Sharp knife
- Large pot
- Measuring cup
- Measuring spoons
- Wooden spoon
- Vegetable peeler

SHOPPING LIST

Average total cost without oil and seasonings: \$11.26

Average cost/serving: \$1.41

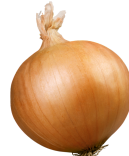
Makes: 8 Servings

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
Carrot, 1 bunch



Add 1 to Cart
1 onion



Add 1 to Cart
Garlic, 1 bulb



Add 1 to Cart
1 medium winter squash



Add 1 to Cart
2 ears fresh corn or 10 ounce
package frozen corn



Add 1 to Cart
15 ounce can diced tomatoes



Add 1 to Cart
15 ounce can low sodium
beans



Add 1 to Cart
32 ounce package low sodium broth

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.