



THREE SISTERS SOUP



45 minutes



8 servings

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 summer or winter squash (fresh or frozen)
- 1 1/2 cups corn (fresh or frozen) or 15-oz can (drained and rinsed)
- 1 1/2 cups cooked beans (any type) or 15-oz can (drained and rinsed)
- 1 can (14.5 ounces) diced tomatoes or 2 cups diced fresh tomatoes
- 3 cups low-sodium broth (any type)
- 1 teaspoon cumin
- 1/4 teaspoon black pepper

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and saute until onions have begun to turn slightly brown, about 8 to 10 minutes.
1. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
2. Add beans, tomatoes, broth, cumin and pepper.
3. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).

Tips: 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.

Recipe source adapted from: myplate.gov



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