

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
- 1 1/2 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.