

Three Sisters Soup

Recipe by Angela Litchfield



DIRECTIONS

Place corn, green beans, squash, white kidney beans and potatoes into a pot.

Pour in water and chicken bouillon. Bring to a boil, then reduce heat to low. Simmer broth until vegetables are soft, about 10 minutes.

Blend flour into the butter, then stir into the soup.

Increase heat to medium, and cook for 5 more minutes or until soup thickens.

Season with pepper and serve.

Indigenous ingredients: corn, squash, beans

INGREDIENTS

- 2 cups corn, can or fresh drained
- 2 cups fresh green beans, trimmed and snapped
- 2 cups peeled and cubed butternut squash
- 1 can of white kidney beans, drained
- 1 1/2 cups diced peeled potatoes
- 6 cups water
- 1 1/2 tablespoons chicken bouillon granules
- 2 tablespoons butter, melted
- 2 tablespoons all-purpose flour
- 1/4 teaspoon pepper

Note: Make this soup vegan or vegetarian by substituting vegetable broth for chicken bouillon, and vegan margarine for butter.

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant