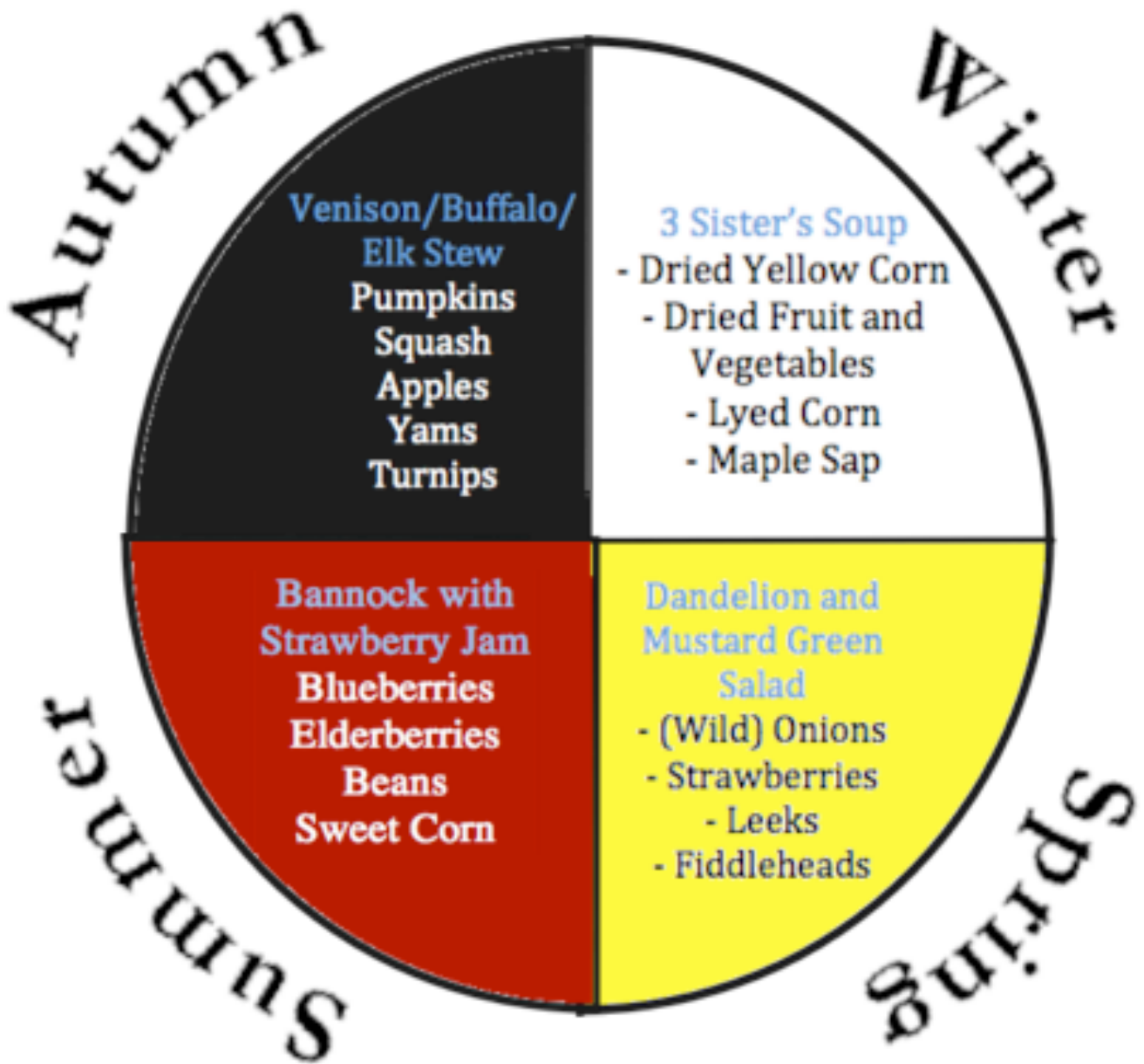


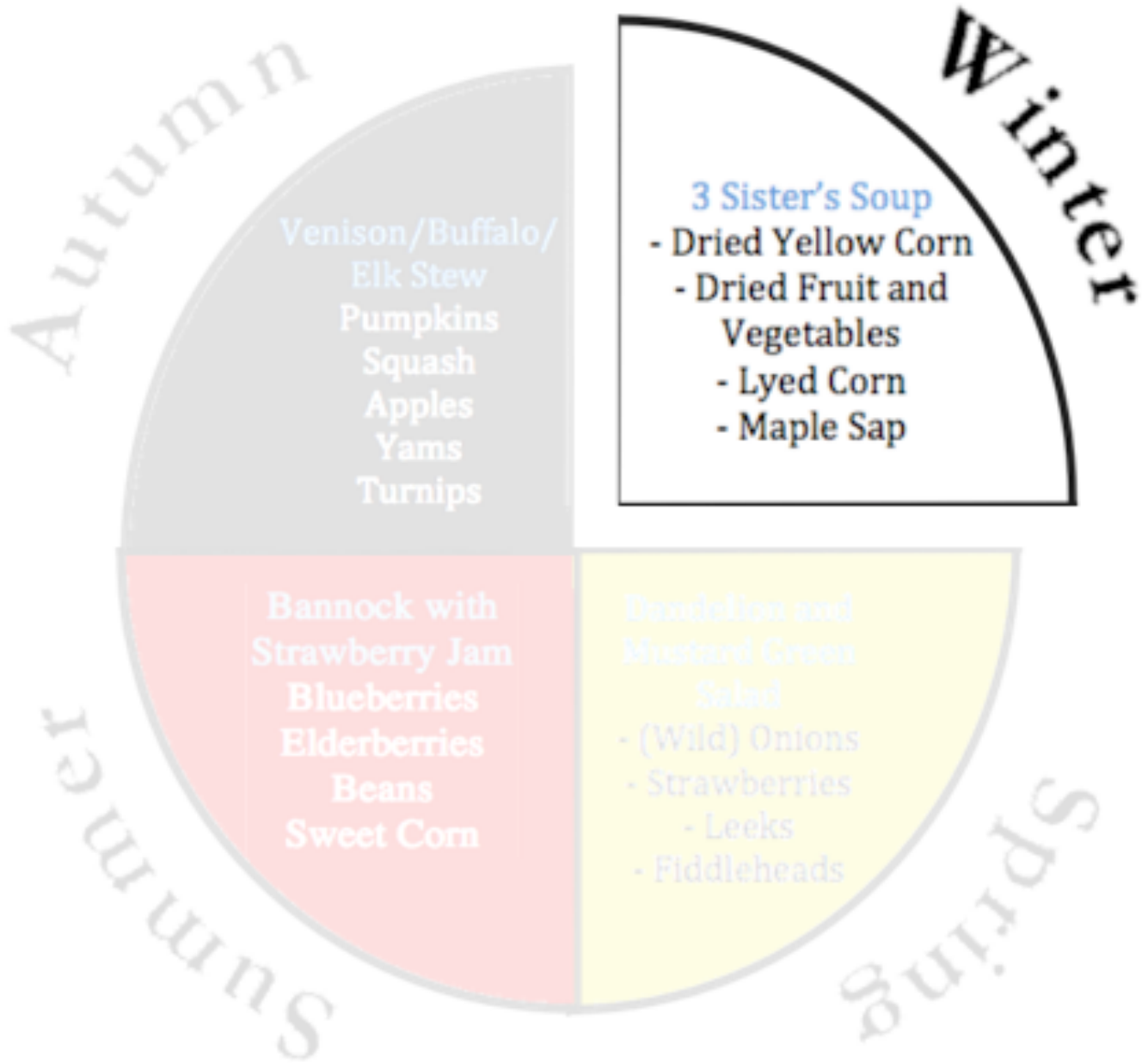
Back to Roots:
Traditional Cycle of Foods and
Accompanying Recipes

Created for the NACHC by Lindsay Keuning Rutherford and Thalia Ottaviano

Overview



Winter



Three Sisters Soup with Wild Rice

Ingredients

- 1 cup of wild rice
- 2 cups peeled and chopped butternut squash
- 2 cups chopped potatoes
- 2 cups frozen or fresh green beans
- 2 cups frozen corn
- 5 cups of water
- Pepper and basil (optional)
- 3 cups of vegetable broth

Directions

1. Put the wild rice, squash, potatoes, green beans, corn and vegetable broth in a large pot.
2. Pour in the water and bring to a boil.
3. After the soup has boiled, turn down the temperature to low and cover with a lid.
4. Let cook on low for 20 minutes