

Three Sisters Soup

MAKES 4 TO 6 SERVINGS

Ingredients

- 5 cups of water
- 2 cups of corn kernels
- 2 cups chopped green beans
- 2 cups cubed squash
- 1 ½ cups diced potatoes
- 2 tbsp. all purpose flour
- 2 tbsp. soft butter
- ¾ tsp. salt
- ½ tsp. pepper

Method

In a large pot combine vegetables
and bring to a boil

Reduce heat to simmer for about 10 minutes
or until vegetables are tender

Blend together flour and butter
and stir into soup

Increase heat to medium and cook five
minutes, stirring occasionally

Stir in salt and pepper



Recipe Provided by
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