



## NUTRITION EDUCATION TEAM RECIPE CARDS

# THREE SISTERS SOUP



**SERVING SIZE**  
**8 cups**

### INGREDIENTS



1½  
tablespoons  
vegetable  
oil



¾ cup  
diced  
carrot



1 cup  
chopped  
onion



4 cloves garlic,  
minced or  
1 teaspoon  
garlic powder



2 cups diced  
squash  
(summer or  
winter, fresh  
or frozen)



1½ cups  
corn (fresh or  
frozen) or a  
15-ounce can  
(drained and  
rinsed)



1½ cups  
cooked beans  
(any type) or  
a 15-ounce  
can (drained  
and rinsed)



1 can  
(15 ounces)  
diced  
tomatoes,  
or 2 cups  
diced fresh



3½ cups  
low-sodium  
broth  
(any type)



1 teaspoon  
cumin



¼ teaspoon  
pepper

### EQUIPMENT:

- Measuring cups
- Cutting board
- Measuring spoons
- Knife
- Liquid measuring cup
- Large pot
- Mixing spoon

### FUN FACT, NOTES, HEALTH BENEFITS:

- 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.
- Zucchini is referred to as a vegetable, but it is an actually a fruit. They range in color from dark emerald green to a yellowish shade and are rich in fiber which is great for digestion.



## 1 GATHER

Gather ingredients.



## 2 SAUTÉ

Heat oil in a large pot on medium heat. Add carrot and onion and cook until onions begin to turn a little brown, about 8-10 minutes.



## 3 MIX INGREDIENTS

Add garlic, squash, and corn and continue to stir for another 3-4 minutes.



## 4 MIX INGREDIENTS

Add beans, tomatoes, broth, cumin, and pepper.



## 5 BOIL

Allow soup to come to a boil. Turn heat down and simmer until all vegetables are tender to taste, about 15-30 minutes.



## 6 SERVE & ENJOY

Serve & enjoy! Refrigerate leftovers within 2 hours.