

THREE SISTER SOUP



CORN, BEANS, AND SQUASH ARE KNOWN AS THE THREE SISTERS.

FOR CENTURIES THESE THREE CROPS HAVE BEEN THE CENTER OF NATIVE AMERICAN AGRICULTURE AND CULINARY TRADITIONS. IT IS FOR GOOD REASON AS THESE THREE CROPS COMPLEMENT EACH OTHER IN THE GARDEN AS WELL AS NUTRITIONALLY.

CORN PROVIDES TALL STALKS FOR THE BEANS TO CLIMB SO THAT THEY ARE NOT OUT-COMPETED BY SPRAWLING SQUASH VINES. BEANS PROVIDE NITROGEN TO FERTILIZE THE SOIL WHILE ALSO STABILIZING THE TALL CORN DURING HEAVY WINDS. THE LARGE LEAVES OF SQUASH PLANTS SHADE THE GROUND WHICH HELPS RETAIN SOIL MOISTURE AND PREVENT WEEDS.

YIELD: SERVES 6

INGREDIENTS

6 CUPS FAT-FREE, LOW-SODIUM CHICKEN OR VEGETABLE STOCK
16 OZ. CANNED, LOW-SODIUM YELLOW CORN OR HOMINY, DRAINED & RINSED.
16 OZ. CANNED, LOW-SODIUM KIDNEY BEANS, DRAINED & RINSED
1 SMALL ONION, CHOPPED
1 RIB CELERY, CHOPPED
15 OZ. CANNED, COOKED PUMPKIN
5 FRESH SAGE LEAVES OR ½ TSP DRIED SAGE
1/2 TSP. CURRY POWDER

NOTE: WHEN CHOOSING CANNED PUMPKIN, BE CAREFUL TO NOT PICK PUMPKIN PIE FILLING.

INSTRUCTIONS

BRING CHICKEN OR VEGETABLE STOCK TO A SLOW BOIL. ADD CORN/HOMINY, BEANS, ONION, AND CELERY. BOIL FOR 10 MINUTES. ADD SAGE LEAVES, CURRY, AND PUMPKIN, AND SIMMER ON MEDIUM-LOW HEAT FOR 20 MINUTES. LADLE INTO BOWL AND SERVE HOT.

RECIPE CREATED BY WABANAKI PUBLIC HEALTH AND WELLNESS

