

Three Sisters Soup



THREE SISTERS SOUP

ingredients

3/4 cup carrot, diced
1 cup onion, chopped
2 cups summer or winter squash, diced
1 1/2 cups corn, fresh or frozen
1 1/2 cups of your favorite beans
1 15-oz can diced tomatoes
3 1/2 cups low sodium broth
1 1/2 TBS oil
1 tsp cumin
1/4 tsp pepper

directions

Heat oil in a large heavy-bottomed pot over medium heat. Add onion and carrots, cook until slightly brown, 10 minutes. Add garlic, squash, and corn and cook for 3-4 minutes. Add beans, tomatoes, broth, cumin, and pepper.

Bring the soup to a boil then turn the heat down to simmer. Cook until all vegetables are tender, 15-30 minutes.

Serve with crackers or toast, if desired

notes

You can use canned or dry beans, cooked by package directions.