



THREE SISTERS SOUP RECIPE

Prep: 30 mins • Cook: 1hr 30 min • Serves: 4

- 1 cup dried pinto bean, soaked overnight in 4 cups water
- 1 acorn squash
- 1 -2 tablespoon olive oil
- 1 onion, diced
- 1 carrot, sliced
- 4 garlic cloves, minced
- 1 celery rib, sliced
- 4 cups vegetable stock
- 1 cup corn
- 1 teaspoon dried thyme (or 2T fresh)
- salt and pepper



COOKING DIRECTIONS

Drain and rinse soaked beans. Put them in a pot and cover with water by an inch. Bring to a boil and simmer for about 45 minutes or until tender but not mushy. Add more water if necessary.

While beans are cooking, cut squash in half and scoop out seeds. Bake squash halves, cut side up, in a 375-degree oven for about 45 minutes or until tender.

Heat oil in a large saucepan. Add onions and a pinch of salt and saute over medium heat, stirring often until golden, about 10 minutes.

Add carrot, garlic and celery and saute for 5-10 minutes.

Scoop cooked squash out of shell. Add to onion mixture and mix well, smoothing out any large lumps.

Add stock and bring to a boil.

Turn down heat and add beans, corn and thyme. Simmer, covered, for 5 minutes, stirring occasionally.

Salt and pepper to taste.

Serve hot with crusty bread.

