



A Nutrition Resource

Three Sisters Soup

Yield: 8 Servings | Serving Size: 18.1 oz

Ingredients:

- 1 your favorite winter squash (butternut, acorn, kabocha)
- 1 tablespoon avocado oil
- 1 yellow onion diced
- 4 cloves garlic minced
- 2 quarts vegetable stock or water
- 1 teaspoon dried thyme
- 1 teaspoon ground cumin
- 1 pound fresh, frozen, or canned corn kernels
- 1 can of cannellini beans drained (15 oz)
- 1/4 cup green onions sliced
- Salt to taste

Directions:

- 1) Halve the squash and scoop out the seeds. Remove the squash seeds and skin and cube the remainder of the squash into 1-inch pieces.
- 2) In a large stockpot, heat the oil, garlic, and squash over medium heat and sauté the onions until they are translucent. When the onions are soft, add spices and stir for 60 seconds.
- 3) Add the stock or water, corn, beans, and simmer for 20 minutes or until the squash is fork tender.
- 4) Taste and adjust seasoning as needed. Enjoy!



Nutrition Facts

Amount per		
1 serving (18.1 oz)		513 g
Calories	156	From Fat 25
% Daily Value*		
Total Fat	2.9g	5%
Saturated Fat	0.4g	2%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	665mg	28%
Total Carbohydrates	33g	11%
Dietary Fiber	5g	21%
Sugars	9g	
Protein	4g	7%
Vitamin A	316%	Vitamin C 58%
Calcium	10%	Iron 10%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

This material was provided by Indigi Kitchen:
<https://www.indigikitchen.com/three-sisters-soup/>

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