

Three Sisters' Soup

15-20 Servings

Ingredients

1 medium yellow onion, chopped	2 cups corn, frozen or canned
1 large celery rib, chopped	2 cups red kidney beans, rinsed
1 tbsp vegetable oil	1 $\frac{3}{4}$ cup pumpkin puree
1 tsp curry powder	$\frac{1}{2}$ tsp dried sage
6 cups chicken broth	

Directions

1. Saute onions, celery, oil and curry spice in a large pot for 5 minutes or until vegetables are translucent.
2. Add broth and bring to a boil.
3. Add corn, kidney beans and cook for 10 minutes.
4. Lower the heat then add the pumpkin and dried sage.
5. Simmer for 20 minutes, stirring occasionally.
6. Remove from heat and serve.

Thank you to our 2018 workshop participants for testing this recipe!

Recipe adapted from Dietitians of Canada



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