

THREE SISTERS' SOUP

15-20 Servings

INGREDIENTS

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



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