



Three Sisters Soup Recipe

Ingredients:

- 2 tbsp (30 ml) Canola oil
- 1/2 Onion, yellow finely chopped
- Garlic cloves, minced (3)
- 5 ml Oregano
- 5 ml Curry
- 1- 19 oz (540 ml) baby lima beans, black beans, navy beans canned or frozen
- 500 ml Butternut or other winter squash, cubed (1/2 inch or 1 cm)
- 500 ml corn kernels
- 2 ml Paprika
- 2 ml Black Pepper
- 5 ml Basil
- 500 ml vegetable broth
- 2 ml Salt 175 ml Sunflower Seeds Toasted
- 250 ml Cheddar Cheese

Directions:

1. Heat oil in skillet over medium heat
2. Add minced garlic. Cook 30 seconds. Add onions and fry for 3 minutes until soft
3. Stir in remaining ingredients, except Sunflower seeds and cheese. Bring to a boil. Reduce heat to low, cover with a tight-fitting lid and simmer for 12 minutes, stirring occasionally or until squash is tender. Sprinkle with cheese and sunflower seeds.
4. Makes 4 to 6 servings.