



Three Sister Soup



6 servings



15 minutes



INGREDIENTS

- 2 tsp vegetable oil
- 1 onion, diced
- 4 carrots, chopped
- 4 cloves garlic minced or 1 tsp garlic powder
- 4 stalks celery, chopped
- 2 L (8 cups) vegetable broth
- 1 squash of choice, peeled and cubed
- 1 ½ cups frozen corn or canned
- 2 cans kidney beans, drained and rinsed
*or beans of choice
- 2 tsp dried thyme or 1/4 tbsp fresh
- pepper

Tips & Tricks

- Serve this soup hot with Luskinikin, Bannock or crusty whole grain bread.
- Want leftovers for lunches? Refrigerate for up to 2 to 3 days or freeze for up to 2 weeks

DIRECTIONS

1. Heat oil in a large saucepan.
2. Add onion and sauté over medium heat, stirring often until golden, about 2 minutes.
3. Add carrots, garlic and celery and sauté for another 8 minutes, or until softened.
4. Add vegetable broth and bring to a boil.
5. Turn down heat and add cubed squash.
6. Simmer, covered, for 8 minutes, stirring occasionally.
7. Add beans, corn, thyme and pepper
8. Stir and simmer another few minutes, until squash is soft with a fork.
9. Enjoy!



What is Three Sisters Soup?

Three Sisters Soup features a delicious combination of corn, beans and squash. It has been passed down through many generations of Indigenous families across North America, not only to keep a tasty tradition, but to pass on legend.

The Iroquois Legend of The Three Sisters

"Three Sisters" comes from the Iroquois creation story of Earth. Diana Erney shares this legend in her book Long live the Three Sisters. You may have heard of, or been taught, different stories around the Three Sisters.

The Three Sisters Garden

When European colonizers arrived in North America, indigenous people including the Mi'kmaq had been growing the "three sisters" for over three centuries. Each of the sisters contributes something to the planting. Together, the sisters provide a balanced diet from a single planting.

- As older sisters often do, the corn offers the beans needed support.
- The beans, the giving sister, pull nitrogen from the air and bring it to the soil for the benefit of all three.
- As the beans grow through the tangle of squash vines and wind their way up the cornstalks into the sunlight, they hold the sisters close together.
- The large leaves of the sprawling squash protect the threesome by creating living mulch that shades the soil, keeping it cool and moist and preventing weeds.
- The prickly squash leaves also keep away raccoons, which don't like to step on them.



The combination of corn, beans and squash creates a satisfying meal that provides sustainable energy. Corn provides carbohydrates, beans provide fibre and protein and squash is high in vitamins and more fibre. To combine these three foods to is to create a nutrition power house!

