

# THREE SISTERS SOUP

Medium Recipe

Three Sisters Soup is a dish deeply rooted in Indigenous cuisine. Canada's Indigenous peoples knew to plant pole beans, corn, and squash together. They called this trio the Three Sisters. Cooked together, these three foods make a delicious, hearty, and nutritious soup!

**PREP TIME:**

15 minutes

**COOKING TIME:**

25 minutes

**AMOUNT RECIPE MAKES:**

8 servings

**SKILLS USED:**

Measuring, cutting, peeling, mixing/stirring, cooking and simmering on the stove

[Adapted from Canada's Food Guide](#)

**Nutrition Nuggets:** Three Sisters Soup is **more** than just a nutritious dish, it embodies deep cultural, spiritual, ecological, and nutritional significance of Indigenous food systems.

**Leftover Love:** If the soup is on the thinner side, consider thickening it with a bit of cornstarch or flour to turn it into a stew for leftovers! Add additional vegetables for extra texture and flavour and serve it with bannock for a comforting meal.

**Food for Thought:** The "Three Sisters" crops are companion plants - where each plant benefits the others. Corn provides a structure for the beans to climb, beans add nitrogen to the soil, and squash leaves shade the ground!

## EQUIPMENT:

- Stove
- Large stockpot
- Measuring cups and spoons
- Vegetable peeler
- Knife
- Cutting board
- Can opener
- Spoon for mixing/stirring

## INGREDIENTS:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 4 carrots, peeled and chopped
- 4 cloves garlic, minced
- 4 stalks celery, chopped
- 8 cups vegetable broth
- 1 butternut squash, peeled and cubed
- 1 1/2 cups frozen corn
- 2 cans kidney beans, drained and rinsed
- 2 teaspoon dried thyme
- Salt and pepper, to taste

## DIRECTIONS:

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

**Optional:** Serve this dish with the traditional accompaniment of bannock.