



55 E. Galena St. Butte, MT 59701

Three Sisters Soup

From indigikitchen.com

Makes 8 servings

Ingredients

- 1 winter squash butternut, acorn, kabocha
- 1 tbsp avocado oil
- 1 yellow onion diced
- 4 cloves garlic minced
- 2 qts vegetable stock or water
- 1 tsp dried thyme
- 1 tsp ground cumin
- 1 pound fresh, frozen, or canned corn kernels
- 1 can cannellini beans drained (15 oz)
- 1/4 c. green onions sliced
- Salt to taste

Check out Mariah's video for this recipe!
<https://bit.ly/4cklwYs>



Directions

1. Halve the squash and scoop out the seeds. Remove the squash seeds and skin and cube the remainder of the squash into 1-inch pieces.
2. In a large stockpot, heat the oil, garlic, and squash over medium heat and sauté the onions until they are translucent. When the onions are soft, add spices and stir for 60 seconds.
3. Add the stock or water, corn, beans, and simmer for 20 minutes or until the squash is fork tender.
4. Taste and adjust seasoning as needed. Enjoy!

Nutrition per serving

Calories	153.71kcal	8%
Total Fat	2.44g	3%
Carbs	29.68g	11%
Sugars	6.46g	7%
Protein	5.01g	10%
Sodium	240.08mg	12%
Fiber	5.69g	20%

Percent Daily Values based on a 2,000 calorie diet.