

SUP!



Iroquois



# Three Sisters Soup



## INGREDIENTS

2 cups frozen corn

2 cups frozen green beans

2 cups peeled & cubed butternut squash

1 1/2 cups peeled & diced potatoes

1/2 cup chopped onion

2 garlic cloves minced

4 cups vegetable broth

salt & pepper to taste



## STEPS

**Step 1** Add all of the veggies into a pot (corn, beans, squash, potatoes, onion and garlic). Add vegetable broth and bring it to a boil over high heat.

**Step 2** Next, simmer for about 10 minutes over low heat until veggies are soft and soup thickens.

**Step 3** Blend using an immersion blender or regular blender. Heat again over medium heat for about 5 more minutes or until desired consistency.

**Step 6** Add salt and pepper to taste, then serve.