

Family Friendly Fall Recipe - Three Sisters Soup

The weather is cooling, and fall is in the air. There is something special about a warm bowl of soup on a chilly fall day. Today we'll share a quick story and recipe that you can read, create and share, with all members of your household! There are many stories about the Three Sisters in North American Indigenous cultures. There are many different stories about the three sisters who were very different but who relied on each other to grow: Corn, Beans, and Squash. The beans grow up the corn, the corn supports the beans, and the squash covers the ground. Each plant had a specific purpose, and their harvest would often help families eat through the winter. Corn, Beans, and Squash always worked together in order to sustain our communities. Today, we recognize that these Three Sisters are obliged together by three principles: peace, friendship, and respect. While you enjoy your time with friends and family creating your meal, take comfort in Mino Bimaadiziwin and the good nourishment and comfort the creation has given to all who helped prepare and eat.

[Click here for more on Three Sister Soup and other Indigenous Food](#)



Ingredients

- 4lbs favourite winter squash (butternut, acorn, sunshine)
- 4 quarts vegetable stock (or water)
- 2 small yellow onions, diced
- 1/4 cup olive oil
- 1/4 garlic, chopped
- 2 tsp thyme
- 1 tsp ground black pepper
- 1 lb fresh or frozen corn kernals
- 4 (23-ounce) cans white kidney beans
- 1 bunch green onions, sliced
- 1 large bay leaf



Directions

Preheat the oven to 350F. Halve the squash and scoop out the seeds; roast for 40 minutes, or until soft. Remove from the oven, cool, and scoop the flesh of the squash into a large bowl (save any liquids). Puree the cooled squash in a blender or food processor (add liquid if needed). In a large stockpot, heat the oil over medium heat and sauté the onions until they begin to brown. Add the garlic, thyme, and black pepper. Cook, stirring often, until the garlic turns light brown in color. Add the stock, bay leaf, and squash and bring to a simmer. Add the remaining ingredients and salt, and simmer for 15-20 minutes. Taste and adjust as needed. Let cool, and enjoy!