

THREE SISTERS SOUP

PREP TIME: 5 min
COOK TIME: 25 min
SERVINGS: 4-6
SERVING SIZE: 1 cup



INGREDIENTS

- 3 tbsp canola oil
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 3 cups chicken or vegetable stock
- 1/2 tsp salt
- 1 can corn kernels
- 1 can white beans
- 1 can pumpkin puree
- Optional: 1/8 tsp red pepper flakes

DIRECTIONS

1. Add oil to a large saucepan over medium high heat.
2. Add onion and garlic and cook for about 5 minutes until soft.
3. Add salt, stock, corn and beans and bring to a boil.
4. Reduce heat to low, cover and cook for about 15 minutes.
5. Use a potato masher to mash some of the corn and beans against the bottom of the pot.
6. Stir in pumpkin and red pepper flakes if using and cook for about 5 minutes.