



From indigikitchen.com

HARVEST OF THE MONTH

Ingredient: Winter Squash

Three Sisters Soup

PREP TIME:	15 mins
COOK TIME:	20 mins
TOTAL TIME:	35 mins
SERVINGS:	8 Servings
AUTHOR:	IndigiKitchen

INGREDIENTS

1 winter squash of choice (butternut, acorn, kabocha, etc.)
1 tablespoon oil
½ yellow onion (diced, more or less to taste)
2 cloves garlic (minced, more or less to taste)
2 quarts vegetable stock or water
1 teaspoon paprika
1 teaspoon ground cumin
1 pound fresh, frozen, or canned corn kernels
1 can (15 oz) beans of choice (cannellini, kidney, black, etc., drained)
¼ cup green onions (sliced)
Salt to taste

INSTRUCTIONS

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 translucent. When the onions are soft, add spices and stir for 60 seconds.
3. Add the stock/water, corn, and beans, and simmer for 20 minutes or until the squash is fork-tender.
4. Taste and adjust seasonings as needed.