

THREE SISTERS SOUP

“Three Sisters” refers to the delicious combination of beans, corn and squash – ingredients traditionally grown and eaten together by many Mi’kmaq families.



INGREDIENTS

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| 1 cup of navy beans soaked overnight in 4c water | 2 tsp minced garlic |
| 2 tbsp olive oil | 5 cups vegetable stock |
| 4 cups dice buttercup squash (medium dice) | 1 cup corn |
| 1 Spanish onion diced | 1 tsp Italian seasoning |
| 2 med carrots diced | Salt and pepper to taste |
| 2 ribs of celery diced | 1 cup spinach leaves chopped (optional) |

PROCEDURE

1. Soak beans overnight. Drain & rinse.
2. Place in a pot and cover with water. Bring to simmer.
3. Cook for approx. 45 minutes.
4. While beans cook, dice squash.
5. Heat oil in a medium sized pot.
6. Sauté vegetables for 5-7 mins.
7. Add garlic. Add stock and bring to a simmer. Reduce heat. Add corn, spices and spinach.
8. Cook on simmer for 15 minutes.
9. Check seasoning, add more salt & pepper if desired.
10. Serve hot with a wedge of luskinikn bread.

CHEF'S NOTES

- If you don't have navy beans any type of good quality bean will do (kidney, black, pinto)
- Feel free to add other spices and herbs: fresh basil or cilantro work well with this soup
- For extra flavour try grilling vegetables before adding them to the soup

