



Three Sisters Soup

Adapted from *Foodhero.org*



Ingredients



- 1 1/2 Tablespoons **vegetable oil**
- 1/4 cup diced **carrot**
- 1 cup chopped **onion**
- 4 cloves **garlic**, minced or 1 tea-spoon garlic powder
- 2 cups diced **summer or winter squash** (fresh or frozen)
- 1 1/2 cups **corn** (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 1/2 cups **cooked beans** (any type) or a 15-oz can (drained and rinsed)
- 1 can (15 ounces) diced **tomatoes**
- 3 1/2 cups low-sodium **broth**
- 1 teaspoon **cumin**
- 1/4 teaspoon **pepper**



Directions



Yield: 8 cups **Serving size:** 1 cup

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and saute until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).
6. Refrigerate leftovers within 2 hours

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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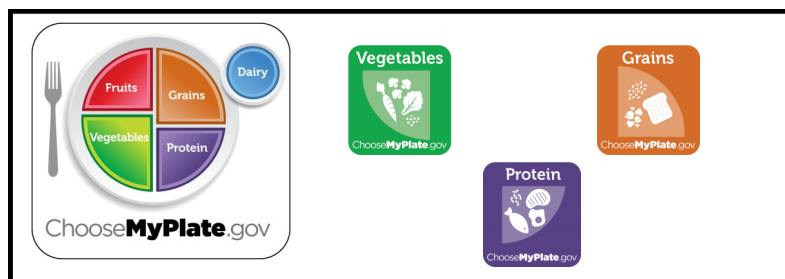
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Fast Facts



Featured Food Groups



Cooking Tips



- Try This: Change the vegetables and beans based on what you have on hand. Instead of cumin, try 2 to 3 teaspoons of Italian seasoning or 1 Tablespoon of curry powder.

Nutrition Facts

8 servings per container	
Serving size	1 cup (297g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 4g	5 %
Saturated Fat 0.5g	3 %
Trans Fat 0	
Cholesterol 0mg	0 %
Sodium 130mg	6 %
Total Carbohydrate 28g	10 %
Dietary Fiber 7g	26 %
Total Sugars 7g	
Includes 0g Added Sugars	0 %
Protein 8g	
Vitamin D 0mcg	0 %
Calcium 50mg	4 %
Iron 1mg	6 %
Potassium 494mg	10 %
Vitamin A 294mcg	33 %
Vitamin C 16mg	18 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

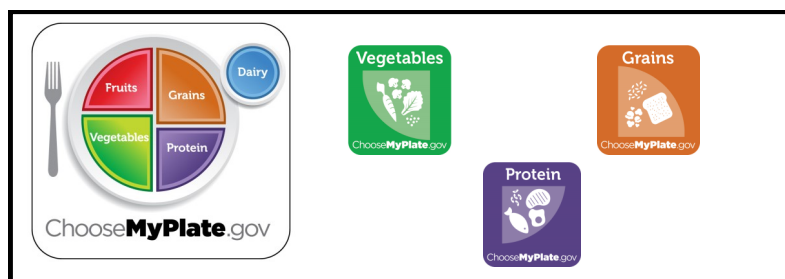
Second Harvest is an equal opportunity provider.



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