

Three Sisters Soup

A modern recipe

***Invite these
three sisters
to join your
Thanksgiving feast!***



*Three Sisters Soup simmering on the
Adventure Kitchen stove.*

Ingredients

- ¾ cups Great Northern beans
- 4 cups chicken or vegetable broth
- 2 cups diced winter squash
- ½ medium yellow onion, cut into large chunks
- 2 garlic cloves – unpeeled
- 1 tablespoon olive oil
- Salt and pepper
- ½ cup frozen corn
- ½ cup chopped (or torn) spinach leaves
- 1 tablespoon chives

About diced winter squash

“Winter” squash means the type of squash that is ripe for eating in the winter, such as butternut squash, acorn squash and pumpkin!

You can find pre-diced squash sold in bags in the freezer section of the supermarket. Also, in the fall you can often find it pre-diced in the produce section.

If you plan to dice it yourself, **please have a grownup help you with this** – it’s really hard.

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Instructions

- 1.** Rinse the beans in a colander, and as you add them to the pot, look at them to be sure there are no small stones or clumps of dirt hiding among them (it happens).
- 2.** Add the broth to the pot. If any beans float in the broth, scoop them out and throw them away (this means they are not fully formed and won't be so good in your soup.)
- 3.** Put the lid on the pot and turn the heat to high. Keep an eye on your pot for the next 5 minutes or so – when you start to see steam escaping from underneath the lid, you know it is boiling. When this happens, turn the heat to medium-low, carefully give the beans a stir and put the lid on askew (this means crooked), so that there is a little space for steam to escape while it keeps cooking.
- 4.** Set the timer for an hour. As the beans cook, take a peek every once in awhile to be sure they are simmering – not boiling strong, and not just sitting there. They should always have a few little bubbles, but not too much.
- 5.** While the beans cook, turn the oven on to 400°. While the oven heats up, put the squash, onion and garlic cloves into a bowl and pour the olive oil over them. Sprinkle ¼ teaspoon of salt and some pepper over everything (about half as much pepper as salt). Mix everything around so that it's all evenly coated.
- 6.** Pour the squash mixture onto a baking sheet, and put it in the oven. Roast for 30 minutes.
- 7.** When the squash is finished roasting, find the two garlic cloves and set them aside. Once they are cool enough to touch, squeeze the garlic out of their skins and into a small bowl. Add a large spoonful of cooking liquid from the beans and mash the garlic with a fork into a liquidy paste. Add this paste to the soup pot with the beans.

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Instructions *(continued)*

8. When the beans have cooked for an hour, use a spoon to scoop a few beans out of the pot so you can test to see if they are done. When they are done, the skin will peel back as you blow on them. Also, when you eat them, they should be soft (a bit of a bite is ok, but not too much). Sometimes, if beans were old when you bought them (you can't tell in the store), they can take quite a bit longer to cook. Use your own good judgment to decide when the beans are done.

9. When you have decided the beans are done, add the roasted squash mixture to the beans.

10. Add the corn, spinach and chives to the pot. Stir and put the lid on askew again so that the soup can get hot again.

11. When the soup is simmering nicely again, taste it (carefully). If it tastes fantastic, you're done! If it seems a little bland, you may need to add a bit more salt, pepper or both. If it tastes too salty (unlikely), or seems too thick, add a little water.

12. Once you have tasted the soup and you think it tastes great, ***your Three Sisters Soup is ready!***

Have fun!