



Three Sisters Soup



Squash Bee and Squash Flower

The Three Sisters—squash, corn and beans—thrive when planted together. Many traditional foods of Native Indigenous Peoples, past and present, need wild bees, like the squash bee, to grow and reproduce. These foods include the Three Sisters, blueberries, chokecherries, cranberries, dandelions, huckleberries, peppers, pumpkins, sunflowers, sweet potatoes, tomatoes and many more.

Ingredients

- 1 ½ Tablespoons **vegetable oil**
- ¾ cup diced **carrot** (1 medium carrot)
- 1 cup chopped **onion** (1 medium onion)
- 1 teaspoon **garlic powder** or 4 cloves **garlic**, minced
- 2 cups diced **summer** or **winter squash** (fresh or frozen)
- 1 ½ cups **corn** (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 1 ½ cups **cooked beans** (any type) or a 15-ounce can (drained and rinsed)
- 1 can (15 ounces) diced **tomatoes** or 2 cups diced fresh
- 3 ½ cups low-sodium **broth** (any type)
- ¼ teaspoon **pepper**



Indigenous Peoples continue to contribute vast amounts of knowledge and stewardship to our understanding of the plant world.

Directions

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

Makes 8 cups

Prep time: 15 minutes

Cook time: 30 minutes

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 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
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.



Recipe Math Challenge

Today two friends come to eat lunch at the food truck. Each friend orders a 2-cup bowl of Three Sisters Soup. How many milligrams (mg) altogether will the friends consume of:

✿ Potassium _____

✿ Vitamin C _____