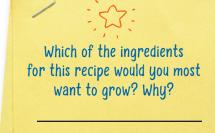


## Three Sisters Soup



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. These foods include the Three Sisters, blueberries, chokecherries, cranberries, dandelions, huckleberries, peppers, pumpkins, sunflowers, sweet potatoes, tomatoes and many more.

## **Ingredients**

- 1 1/2 Tablespoons vegetable oil
- 3/4 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 1/2 cups **corn** (fresh or frozen) or a 15-ounce can (drained and rinsed)
- 11/2 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 1/2 cups low-sodium broth (any type)
- 1/4 teaspoon pepper

# FOOD HERO \*\*OodHero.ots

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. 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 1 cup (297g) Serving size Amount per Serving Calories Total Fat 4g Saturated Fat 0.5g Trans Fat 0g 0% Cholesterol 0mg Sodium 130mg 6% 10% **Total Carbohydrate 28g** 11% Dietary Fiber 3g Total Sugars 7g Includes Og Added Sugars Protein 8g 0% Vitamin D 0mcg 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.

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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 Solution C  Hint: multiply by two twice or four once.
Bonus: Round your answers to the nearest 1000 mg (potassium) and 10 mg (Vitamin C).