

Three Sisters Soup

The three “sisters” in this Native American recipe refer to the corn, beans, and squash.

INGREDIENTS

- 6 cups fat-free, low-sodium chicken or vegetable broth
- 1 15.25-ounce can no-salt-added whole-kernel corn, rinsed and drained
- 1 15.25-ounce can no-salt-added kidney beans, rinsed and drained
- 1 small onion, chopped
- 1 rib of celery, chopped
- 1 15-ounce can solid-pack pumpkin (not pie filling)
- 5 fresh medium sage leaves **OR** 1/2 teaspoon dried sage
- 1/2 teaspoon curry powder



SERVINGS: 6

COST PER SERVING: \$1.80

CALORIES

145 Per Serving

PROTEIN

9g Per Serving

FIBER

10g Per Serving



STEP 1: Pour the broth into a large stockpot. Bring to a boil over medium-high heat.



STEP 2: Stir in the corn, beans, onion, and celery. Boil, still over medium-high heat, for 10 minutes.



STEP 3: Stir in the pumpkin, sage, and curry. Reduce the heat and simmer on medium-low heat for 20 minutes.



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



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