

Three Sisters Soup

a lesson in life

Three Sisters Soup is comprised of a vegetable medley. The Three Sisters (corn, beans, and squash) were planted by many Native American communities across North America. The success of their harvest was attributed to the method in which these three vegetables were planted. "Companion planting" refers to the planting of crops in close proximity, each creating a mutually beneficial environment to thrive.

The cornstalks provide a strong support to the pole beans as they grow and ascend up the stalk. The beans capture and release useable nitrogen into the soil for the corn. The squash covers the soil, providing shade to prevent weed growth and retain moisture. The plants each serve a unique purpose and provide for one another, much like they provided for Native American communities.

What can the Three Sisters teach us about life?

In this season of life, it is vital you are planted where you can thrive. Consider whether you are planted with others who:



provide unwavering support,



contribute positively to your environment to maximize personal growth, and



protect you from the harmful weeds in life that prevent you from flourishing.

As you consider your own environment, it is equally important to evaluate whether you too are serving your purpose, being a beneficial companion, and providing for others.

NATIVE AMERICAN RECIPE

Three Sisters Soup



INGREDIENTS:

- 2 tablespoons olive oil, divided
 - 1 large yellow onion, diced
 - 3 garlic cloves, minced
 - 1 teaspoon ground cumin
 - 4 cups vegetable or chicken broth
 - 1 medium yellow squash, cubed
 - 1 butternut squash
 - 1 (15 oz.) can of black beans, drained
 - 1 (15 oz.) can of pinto beans, drained
 - 1 (15 oz.) can of hominy, drained
 - 1 (15 oz.) can of whole kernel corn, drained (fresh or frozen preferred)
 - 1 (10 oz.) can of Rotel Fire Roasted Diced Tomatoes & Green Chilies
- Salt & pepper

DIRECTIONS:

1. Cut butternut squash in half length-wise and scoop out the seeds. Rub each half with oil and salt. Place face down on baking sheet and bake at 400° for 25-30 minutes or until desired tenderness.

Tip: Pierce butternut squash with a knife several times and microwave 4-5 minutes to make it easier to cut. Don't discard your seeds! Separate seeds from stringy flesh, rinse, dry, toss with oil and choice of seasoning. After step 4, roast in a single layer at 325° for 15 minutes (or until lightly browned).

2. Heat oil in a large pot over medium-high heat. Add diced onion and sauté for 5-6 minutes, stirring occasionally. Add minced garlic and sauté for 3-4 minutes. Stir in cumin.
3. Add the broth, yellow squash, beans, corn, tomatoes and green chilis. Bring to a slow boil, then reduce to a simmer. Optional: Reserve 1 cup broth for purée.
4. Depending on the tenderness, cube the butternut squash or purée one-half squash with broth for a thicker soup. Add to the pot, stir and simmer for at least 25 minutes.
5. Garnish with seeds. Salt and pepper to taste.