

Native North American Cuisine Feature

RECIPE

“THREE SISTERS SOUP”

INGREDIENTS

YIELD: 12 Servings

1 ½	lbs	Beans (green and yellow)
3	cups	Butternut Squash (diced 3/4")
2	cups	Sweet Corn (frozen)
3	cups	Potatoes (diced 3/4")
To Taste		Salt

METHOD

- ▶ Cut top off of beans, leave tails on and cut into 1" pieces.
- ▶ Peel and cut potatoes into 1" pieces.
- ▶ Place all ingredients into pot.
- ▶ Add salt to taste at the start.
- ▶ Cover with 2" above ingredients and bring to a boil.
- ▶ When stock comes to a boil, turn down to simmer and place a lid on top.
- ▶ Simmer until all vegetables are tender.
- ▶ Adjust water if needed.
- ▶ Check for salt to taste, every so often.
- ▶ Potatoes and squash will thicken stock.
- ▶ Approximate cooking time 1 ½ hours.

Enjoy!

Compliments of Chef, Janace Henry

Six Nation Representative Chef



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