Three Sisters Soup Recipe

**Serves 2-3**

**Ingredients**

250ml kidney beans

1/2 acorn squash

15ml butter

1/2 onion

pinch of salt

1/2 large carrot

1 cloves garlic

1 /2celery stalk

400ml vegetable/chicken broth

125ml cup corn (frozen or off the cob)

10ml thyme (dried or fresh)

salt and pepper to taste

**Method**

1. Cut squash in half and scoop out seeds. Bake squash halves, cut side up, in 375 degree oven for about 45 minutes or until tender.
2. Heat butter in a large sauce pan. Add diced onions and a pinch of salt. Saute over medium heat, stirring often, until golden. About 10 minutes.
3. Add carrot, garlic and celery and saute over medium heat, stirring occasionally, for another 5 to 10 minutes.
4. In the meantime scoop cooked squash out of shell into cubes/pieces, ensuring to keep as much squash as possible together in this process. Add squash to onion mixture and mix well.
5. Rinse and dry kidney beans.
6. Add vegetable stock and bring to a boil.
7. Turn down heat and add rinsed kidney beans, corn and thyme.
8. Simmer, covered for another 15 minutes, stirring occasionally.
9. Add salt and pepper to taste and serve.