Three Sisters Soup Recipe

**Serves 4-5**

**Ingredients**

125ml kidney beans

1/2 acorn squash

15ml butter

1/2 onion, medium diced

pinch of salt

1/2 large carrot, medium diced

1 cloves garlic

1 /2celery stalk, medium diced

500ml vegetable/chicken broth

125ml cup corn (frozen or off the cob)

10ml thyme (dried or fresh)

**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. Add vegetable stock and bring to a boil.
6. Turn down heat and add rinsed kidney beans, corn and thyme.
7. Simmer, covered for another 15 minutes, stirring occasionally.

