

Three Sisters Soup Recipe

Fourth graders were offered this soup while studying the Lenape Indians.

Ingredients

1 yellow onion, chopped
olive oil or preferred fat
4 stalks celery, minced fine
1 large butternut squash, halved, seeds removed,
1 can white beans like cannellini
1 pound fresh beans, trimmed, chopped
1 package frozen corn or kernels from two ears of corn
1 quart vegetable broth plus water or more broth to taste
1 tsp honey or a few drops of stevia
salt and pepper to taste

Directions

Oil a cookie sheet and roast the squash at 350, sliced side down until very soft, about an hour.
Saute the onion in enough fat to coat the bottom of the soup pot.
Add the celery and toss and cook for a few minutes.
Add the fresh and canned beans, broth, and honey and simmer until the fresh beans are done, about 15 minutes.
Add the corn for the last 5 minutes.
Use more broth or water to get the desired consistency, should be thick.
Scoop the squash into the soup and mash it so it thickens the soup.
Taste for salt and pepper.

This made enough for 18 children to have a reasonable portion, and they all did!