

Three Sisters Soup



Several tribes relied on the "three sisters" of [corn, squash, and beans](#) to survive harsh winters back in the day.

Ingredients:

- 4 lbs. winter squash
- 4 quarts vegetable stock (or water)
- 2 small diced yellow onions
- 1/4 cup olive oil
- 1/4 cup chopped garlic
- 2 tsps. dried thyme
- 1 tsp. ground black pepper
- 1 lb. fresh or frozen corn kernels
- 4 cans cannellini beans
- 1 bunch sliced green onions
- 1/2 cup white wine
- 1 large bay leaf

Instructions: Preheat your oven to 350 °F. Slice your squash in half and scoop out the seeds, then roast for about 40 minutes. Allow to cool once soft, then scrape out the flesh and save the liquid for later. Blend until totally smooth (you can use a food processor or blender).

Sauté onions in a large pot over medium heat until brown, then add garlic, thyme, and black pepper, stirring until the garlic turns brown as well.

Pour in the stock and follow with the bay leaf, wine, and squash. Allow it to simmer for a few minutes before adding the rest of your ingredients. Simmer for about 20 minutes total.