

Three Sisters Soup

The Native Americans called corn, beans, and squash “the three sisters” because they grew them together. The beans grew up the cornstalks. The prickly squash plants grew around them and made it harder for animals to come and eat the corn. You can make this easy soup with fresh or canned vegetables.



Ingredients:

- 1 15 1/2 oz. can of hominy, drained (or regular corn)
- 2 cups of fresh green beans
- 2 cups of peeled squash
- 1 medium potato
- 3 14 oz. cans of chicken broth
- 2 tablespoons of butter, melted
- 2 tablespoons of flour

Instructions:

1. Ask an adult to help you make this yummy soup!

2. Cut the squash and beans into bite-sized pieces. (You can use any kind of squash that you like. Summer squash, like zucchini, does not need to be peeled.) You might need to cut the ends off the beans. Peel the potato and cut into bite-sized pieces.
3. Put the hominy, squash, green beans, potato, and chicken broth into a pot and bring it to a boil.
4. Once it starts to boil, turn the heat down to low and simmer the soup until the vegetables are soft (this should take about 10 minutes).
5. Mix the melted butter and flour together and pour this mixture into the soup. Increase the heat to medium and cook until the soup thickens (this should take about 5 minutes.)
6. Add pepper, if you like.

