

Fall

Winter

Spring

Summer

Three Sisters Soup



NUTRITION INFORMATION

SERVING SIZE: ¾ cup

Amount per Serving

Calories	134 kcal
Protein	7.11 g
Carbohydrate	24.08 g
Total Fat	1.86 g
Saturated Fat	0.28 g
Cholesterol	1.21 mg
Vitamin A	1316.75 IU
Vitamin C	7.56 mg
Iron	1.68 mg
Calcium	54.87 mg
Sodium	344.33 mg
Dietary Fiber	4.99 g

EQUIVALENTS: ¾ cup provides ¾ cup other vegetable, ¼ cup starchy vegetable, and ¼ cup beans/legumes or 1 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #2 Same Day Service

“Buying from farmers is a win, win, win, win.”

— ALISON FORREST

Three Sisters Soup • 50 servings (¾ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Butternut squash or sweet potatoes	2 lb		<p>❶ If using squash, trim, peel, quarter and seed. Cut squash (or sweet potatoes) into ½-inch dice.</p> <p>❷ Heat oil in large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring, for 1 minute more. Add broth, the squash (or sweet potatoes), 1 Tbsp salt, coriander, cumin, thyme and pepper. Bring to slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30 to 45 minutes.</p> <p>❸ Add corn, green beans, Great Northern beans, salsa and the remaining 1 Tbsp salt. Return to a simmer and cook until the green beans are tender, about 5 minutes more.</p>	
Olive oil		¼ cup		
Chopped onions (small dice)		1½ qt		
Chopped celery (small dice)		1 qt		
Chopped carrots (small dice)		2 cups		
Minced garlic		2 Tbsp		
Low-sodium chicken broth		1 gal		
Table salt		2 Tbsp, divided		
Ground coriander		1 tsp		
Ground cumin		1 tsp		
Dried thyme leaves		1 tsp		
Ground black pepper		1 tsp		
Corn kernels, fresh or frozen		2 qt		
Chopped trimmed green beans (1-inch pieces)		1 qt		
Great Northern beans, canned, rinsed and drained		3 qt		
Low-sodium salsa		2 cups		

