



# THREE SISTER'S SOUP



## Ingredients:

- 1 butternut squash, medium
- ~500 g frozen corn
- 1-2 cans no salt added white navy beans
- 2-3 tsp thyme, or more/less to taste
- Salt and pepper to taste
- 1.5 L of vegetable stock, add more if needed

## Directions:

1. Wash the outside of the squash, cut the ends off and cut off the 'neck' of the squash - this part is solid squash
2. Use a knife to 'peel' the squash by standing it up vertically on a cutting board and cut the skin off
3. Cut the 'bulb' part in half, scoop out the seeds with a spoon and use a knife to peel the skin off
4. Cube the squash once the skin has been removed and place on a sheet pan with parchment paper. Frizzle with olive oil and roast at 400 F for 20-30 min
5. Bring vegetable stock to boil, add roasted squash, beans (drained), corn, thyme and let simmer for 10-15 min. Use of a potato masher to thicken the soup by mashing the squash into the broth. Add salt and pepper to taste and serve.