

# Corn, bean and squash soup (Three Sister's soup)

Corn, beans and squash make this a hearty soup to keep you warm on those cold nights.



Vegetarian



Freezer-friendly



PREP TIME  
20 min



COOK TIME  
25 min



SERVINGS  
8

## Ingredients

- 10 mL (2 tsp) canola oil
- 1 medium onion, diced
- 4 carrots, chopped
- 4 garlic cloves, minced
- 4 celery stalks, chopped
- 2 L (8 cups) no salt added vegetable broth
- 1 butternut squash, cubed
- 375 mL (1½ cups) corn kernels, frozen
- 2 cans (2 x 540 mL/19 oz) no salt added kidney beans, drained and rinsed
- 10 mL (2 tsp) dried thyme (or 60 mL/4 tbsp fresh)
- 5 mL (1 tsp) pepper

## Directions

1. Heat oil in a large saucepan. Add onions and sauté over medium heat, stirring often until golden, about 2 minutes.
2. Add carrot, garlic and celery and sauté for another 8 minutes, or until softened.
3. Add vegetable broth and bring to a boil.
4. Turn down heat and add cubed squash. Simmer, covered, for 8 minutes, stirring occasionally.
5. Add beans, corn, thyme and pepper. Stir and simmer another few minutes, until squash is soft with a fork.

## Tips

- ✓ Serve this soup hot with **crusty whole grain bread**.
- ✓ Want **leftovers** for lunches? Refrigerate for up to 2–3 days or freeze for up to 2 weeks.
- ✓ Have a can of corn in the pantry? Use **canned corn** instead of frozen—make sure to drain and rinse it first.



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