

THREE SISTERS SOUP

BY THE SENECA NATION

Prepare Ahead

Soak 2 cups of Dehydrated Hulled White Corn and beans (dry) in water overnight. Drain and rinse.

Ingredients:

- 2 cups Dehydrated Hulled White Corn
- 16 oz. of kidney or pinto beans (dried or can)
- 2 qtrs. of vegetable or chicken stock
- 2 qtrs. of water
- 2 tbsp. olive oil
- 1 cup onion, chopped
- 2 celery stalks, chopped
- 2 cups carrots
- 2 cloves garlic, minced
- 2 cups winter squash, peeled and cubed (butternut, acorn or blue hubbard)
- 1 cup parsnips, cubed
- 1 15 oz. cans diced tomatoes
- 1 tsp. thyme
- 1/2 tsp. sage
- Salt and pepper to taste



Instructions:

Warm the oil in a 6 qt. pot on medium heat. Add onions, celery, carrots, and garlic and sauté 10 minutes. Add the 2 qtrs. stock and 2 qtrs. water with the corn and beans, bring to a boil, reduce heat to medium, cook for 1 hour then add the squash, parsnips and tomatoes, thyme, and sage. Add salt and pepper to taste. Cook until the vegetables are tender. Add water or stock if needed. Total prep time 3 hours.

EMPTY BOWLS & BASKETS DINNER
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