



Three Sisters Soup



Squash Bee and Squash Flower

What are first foods? First foods are traditional foods eaten by Indigenous Americans. Some important first foods include: squash, corn, beans, pumpkins, sunflowers, wild rice, sweet potatoes, tomatoes, peppers, cranberries, blueberries, salmon and turkey. Many first foods rely on wild bees like the squash bee to reproduce. Enjoy this Food Hero recipe, which includes some first foods.

Ingredients

- 1 1/2 Tablespoons vegetable oil
- 3/4 cup diced carrot
- 1 cup chopped onion
- 1 teaspoon garlic powder or 4 cloves garlic, minced
- 2 cups diced summer or winter squash (fresh or frozen)
- 1 1/2 cups corn (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 1/2 cups cooked beans (any type) or a 15-oz can (drained and rinsed)
- 1 can (15 ounces) diced tomatoes or 2 cups diced fresh
- 3 1/2 cups low sodium broth (any type)
- 1 teaspoon cumin
- 1/4 teaspoon pepper



Makes 8 cups
 Prep time: 15 minutes
 Cook time: 30 minutes

Directions

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and saute until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender (15 to 30 minutes, depending on the vegetables used).
6. Refrigerate leftovers within 2 hours.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (297g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 28g	10%
Dietary Fiber 7g	26%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 494mg	10%
Vitamin A 294mcg	33%
Vitamin C 16mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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