

# November is National Native American Heritage Month

## THREE SISTERS SOUP RECIPE

### Ingredients

- 3 tablespoons butter
- 4 cups chicken or vegetable stock
- 1 cup onion, diced
- 1 clove garlic, minced
- 1 butternut or acorn squash, pre-baked and pureed
- 1 teaspoon curry powder
- ½ teaspoon salt
- ½ cup yellow corn kernels
- ¼ teaspoon ground coriander
- ½ cup hominy, cooked
- 1 cup white beans, cooked
- ⅛ teaspoon crushed red pepper

### Directions

Melt butter in a large saucepan over medium-high heat.

Add onion and garlic, cook for 3 to 5 minutes or until tender.

Stir in spices, cook for 1 minute.

Add stock, corn, hominy, and beans, and bring to a boil. Reduce heat to low and cook, stirring occasionally, for 15-20 minutes to develop flavors.

Stir in pureed squash, cook for 5 minutes or until heated through.

Serve warm with chives and plain yogurt as a garnish.

