

Three Sisters Soup

Serves: 6

Prep time: 20 minutes

Cook time: 35 minutes



3 serves per portion

Ingredients

1 tablespoon vegetable oil
1 brown onion, finely diced
6 garlic cloves, minced
2 tablespoons fresh thyme, chopped
2 ½ cups butternut pumpkin, peeled and diced
1 large carrot, diced
2 reduced salt chicken stock cubes
6 cups reduced salt vegetable stock
420g can corn kernels, drained
2 x 420g cans four bean mix, drained
1 ½ cups green beans, trimmed and chopped
2 tablespoons fresh parsley, chopped

Method

HEAT oil in a heavy-based saucepan over medium-high heat. Add onion, garlic and thyme and cook for 3 to 5 minutes or until softened and fragrant.

ADD pumpkin and carrots. Cook, stirring occasionally, for an additional 3 to 5 minutes or until heated through.

ADD chicken stock cubes, vegetable stock, corn, and four bean mix. Cook for 10 to 15 minutes or until pumpkin and carrots are tender.

STIR in green beans and cook for a further 3 to 5 minutes or until tender crisp.

STIR in parsley and serve.



Everyday Food

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada