

## Three Sisters Soup

**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 35-45 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 1/2 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 1/2 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 and cook for a further 5 minutes.

ADD chicken stock cubes, vegetable stock, corn, and four bean mix. Cook for 20 minutes or until the 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.

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



Everyday Food

