

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 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 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.



Everyday Food

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