

Three Sisters Soup

Unknown



calibre 1.28.0

Three Sisters Soup

Ingredients

- 1/2 cup chopped onion
- 1 tsp. minced garlic
- 3Tbs. olive oil
- 1 can dry kidney beans and liquid
- 1 can corn or hominy and liquid
- 1 can pumpkin or squash and liquid
- Black Pepper

Directions

This soup was inspired by some disappointing "corn soup" that I ate at a PauWau in SC.

Saute the onion and garlic in oil and add the three cans of vegetables and their liquid. Pepper to taste and heat.

Four decent servings.