

Monthly  
prize drawings!  
Eat 40% Local  
Facebook



# Simply Seasonal

## Three Sisters Soup

Printing courtesy of First Alternative Co-op • [firstalt.coop](http://firstalt.coop)

## Three Sisters Soup

### Ingredients

2 c. butternut squash\*,  
cooked, peeled & cubed  
1 T. olive oil  
2 c. chopped onion\*  
1 c. each diced bell pepper\*  
& celery\*  
1 t. each dried oregano &  
chili powder  
1/4 t. dried chili peppers\*  
2 c. corn\* (fresh, frozen or  
canned)  
2 c. pinto beans\*  
4 c. broth (or water)  
1/4 c. fresh lime juice  
2 T. cilantro\*, chopped  
\*can be found locally

### Directions

1. Puree half the squash, adding a small amount of water, if needed. Set aside.
2. Saute' onion, bell pepper and celery.
3. Add spices and cook for 1-2 minutes.
4. Add corn, broth, squash puree, remaining cubed squash and pinto beans.
5. Cover and cook until heated through.
6. Just before serving, stir in lime juice.
7. Sprinkle each bowl with cilantro.