



*Simple,  
Seasonal,  
Sustainable*

**Recipe of the Week**  
***Three Sisters Soup***

**Ingredients:**

- 6 cups fat-free, low-sodium chicken or vegetable stock
- 16 oz. canned, low-sodium yellow corn or hominy, drained, rinsed
- 16 oz. canned, low-sodium kidney beans (drained, rinsed)
- 1 small onion (chopped)
- 1 rib celery (chopped)
- 15 oz. canned, cooked pumpkin
- 1/2 tsp. dried sage
- 1/2 tsp. curry powder

**Directions:**

1. Bring chicken stock to a slow boil.
2. Add corn/hominy, beans, onion and celery. Boil for 10 minutes.
3. Add sage leaves, curry and pumpkin and simmer on medium-low heat for 20 minutes.

Serves 6

*145 calories, 1 g fat, 0 g saturated fat,  
28 g carbohydrate, 10 g fiber, 9 g protein,  
87 mg sodium*

*Source: American Heart Association*

