



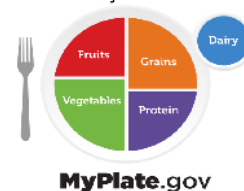
THREE SISTERS SOUP



WATCH RECIPE VIDEO HERE



Color your meal!



Ingredients:

1 cup onion, diced

2 cloves garlic, minced

1 butternut squash, roasted and pureed

1 teaspoon curry powder

½ teaspoon salt

1 tablespoon butter

4 cups stock

½ cup yellow corn kernels

¼ teaspoon ground coriander

½ cup hominy, cooked

1 cup white beans, cooked

⅛ teaspoon crushed red pepper

Oil

Directions:

1. Heat oil in medium high heat and add onion, garlic and butter and cook for 5 min or until browned.
2. Add spices and cook for one minute.
3. Add beans, hominy, corn and stock and bring to a boil. Stir in squash and cook for 15 to 20 min.
4. Serve immediately and enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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خط المساعدة



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