

# Three Sisters Soup

The **Three Sisters** are important to many Indigenous cultures living in North America. The sisters refer to corn, beans, and squash, the main crops of many Indigenous groups. When planted together, they help each other grow. The tall corn stalks give support to the bean vines. The beans put nitrogen into the soil, which fertilizes the corn and squash. The squashes have spiny leaves which protect the plants from animals. They are also used together in dishes. Check out this recipe for a delicious soup made using the Three Sisters.



Artwork by Dawn Spears

*This activity was created by Quaye, a summer intern at the Penn Museum!*

## INGREDIENTS

- 4 cups chicken or vegetable stock
- Butternut or acorn squash, pre-baked and pureed
- 1 cup yellow corn
- 1 cup pinto beans, cooked
- 3 tablespoons of butter
- 1 cup diced onions
- 1 clove garlic, minced
- ½ cup hominy cooked
- ⅛ teaspoon crushed red pepper



*\*Remember that the most important things here are the corns, beans, and squash. If there are other things you don't have, that is okay. You can even add other vegetables if you would like.*

# Three Sisters Soup

## STEP ONE

Melt butter in large pot over medium heat.

## STEP TWO

Add onion and garlic, cook 3-5 minutes. Add in red pepper and stir for one minute.

## STEP THREE

Add chicken/vegetable stock, the corn, beans, and hominy. Bring soup to a boil.

## STEP FOUR

Bring heat to low and let it cook for 15-20 minutes.

## STEP FIVE

Stir in pureed squash, cook for 5 minutes. Add salt + pepper and other seasonings as needed.



Enjoy your finished soup!

