

## Three Sister Soup

3-4 cups hominy (canned or processed at home) or sweet corn

1 small-medium winter squash

4 cups beans (your choice)

Vegetable broth

1 medium onion, chopped

3-4 cloves garlic, chopped

1 small can chopped green chilis (optional, but adds a nice warmth to your soup broth)

Pinch of salt

Olive oil

In a soup pot, warm your oil over medium heat, then sauté onions and garlic. After your onions are garlic become soft and fragrant (about 5 minutes), stir in green chilis if you are using them. Add the rest of the ingredients and simmer until squash is tender, about 30-45 minutes depending on the size of your squash cubes. Season with salt, as desired.