

Three Sisters Soup

Serves 8

For centuries, the Iroquois people grew squash, beans, and corn together. This soup has been adapted from a recipe by Canadian chef and Cree elder, Bertha Skye who earned a gold medal at the Culinary Olympics in Frankfurt, Germany in 1992.

2 – 425 ml (15oz) cans white hominy, drained and rinsed **OR**
3 cups white lyed corn
2 cups chopped green beans, fresh or frozen
1 – 540 ml (19oz) can red kidney beans, optional
1 medium butternut squash, peeled, seeded and cut into bite sized cubes
1 large russet potato, peeled and diced
3 cups water
4 cups low sodium vegetable broth or water
Kosher salt and freshly ground black pepper to taste

In a large soup pot, over high heat, combine the broth and water. Add half of the corn, then all the green beans, squash, red kidney beans, potatoes and salt. Bring the mixture to a boil over high heat then reduce the heat to medium low. Simmer until vegetables are almost tender, about 30 minutes. Mash lightly with a potato masher. Stir the remaining corn and season to taste with salt and pepper. Simmer for an additional 20-30 minutes and serve. Garnish with toasted, hulled pumpkin seeds if desired.

About Bertha Skye:

Bertha grew up in the Ahtahkakoop Cree Nation in Saskatchewan (and according to Bertha, this is the coldest place on earth!). She was formerly a cook at four different residential schools before she met her husband, Hubert Skye, and moved to Six Nations of the Grand River Territory. In 1992 Bertha competed on a team comprised of other Native chefs from across Canada at the World Culinary Olympics. Her team competed against 14,000 other chefs from around the world, and took home the Grand Gold as well as winning the most medals of any of the other teams. Bertha has lived in Six Nations for 53 years and is the mother of three daughters and two sons. She also is the proud grandmother of six grandchildren and two great-grandchildren. In addition to being an Elder at McMaster University, she also works as an Elder at Mohawk College. She also volunteers her time as a board member at the Six Nations Health Foundation.

Source: McMaster University

Celebrate the Three Sisters: Corn, Beans and Squash by Alice Formiga

Corn provides a natural pole for bean vines to climb. Beans fix nitrogen on their roots, improving the overall fertility of the plot by providing nitrogen to the following years corn. Bean vines also help stabilize the corn plants, making them less vulnerable to blowing over in the

wind. Shallow-rooted squash vines become a living mulch, shading emerging weeds and preventing soil moisture from evaporating, thereby improving the overall crops chances of survival in dry years. Spiny squash plants also help discourage predators from approaching the corn and beans.