



Three Sisters Soup

Ingredients:

2 chorizo sausages, casing removed
½ lg. onion, chopped
1 clove minced garlic
~3 c. delicata or butternut squash, peeled and diced
3 ears of corn (or 15 oz. bag of frozen)
4 c. low sodium vegetable or chicken broth
15 oz. can pinto beans, drained
15 oz. can diced tomatoes
1 tsp. oregano
1 tsp. chili powder

Garnish:

Light sour cream or Greek yogurt
Crushed tortilla chips
Chopped cilantro

Directions:

1. Turn the heat on the pot to medium low. Add the sausage to the pot and break it up with the spatula. Cook, stirring occasionally until the sausage is no longer pink.
2. Add the onions, garlic and squash to the pot. Stir and cover. Continue to cook, stirring occasionally until the onions are translucent and the squash is softening.
3. Meanwhile, cut the corn off the cobs. Add the corn and the remaining ingredients to the pot. Increase the heat to medium high. When the soup begins to boil, turn the heat to low and continue to simmer until the squash is tender.
4. Scoop about 4 cups of soup and put in a blender. Blend until smooth and return to the soup pot. Ladle into bowls and top with garnishes.