



# Three Sister's Soup

From: Conlan Lang

Serves: 8+

Prep Time: 15 min

Cook Time: 40 hours

## Instructions

- 1) Prep: Soak beans in cold water for at least 5 hours prior to cooking. Dice the onion & garlic. Halve the squash long-ways, scoop out the seeds, then skin and dice the squash into roughly  $\frac{1}{2}$ -1 inch cubes. Cut the corn kernels off of the cob.
- 2) Cooking: In a large pot, heat some avocado oil, then sauté your onions until translucent. Add the garlic and butternut squash, stir for 1-2 minutes. Add the cumin, paprika, cayenne, salt, and pepper, stir for another 1-2 minutes to let the spices bloom. Add your soaked beans, cedar, corn kernels and nutritional yeast then cover with stock and simmer until the squash is fork tender (maybe about 40 minutes). Remove cedar.

## Notes

Seasons have no measurement, season with your heart. "If you ain't sneezin', it ain't seasoned"

## Ingredients

- 1 Butternut Squash
- 2-3 Cobs of Sweet Corn
- 1 Cup Dried Cannellini Beans 1 Onion
- 4 Cloves Garlic
- 1 tbsp Avocado Oil
- Vegetable Stock (homemade)
- Cumin Paprika
- Cayenne Pepper Salt
- Pepper
- Nutritional Yeast
- Cedar

