

Three Sisters Soup

- Serves 6
- 145 Calories
- 87 mg Sodium
- \$1.80 Per Serving

Ingredients

- 6 cups fat-free, low-sodium chicken or vegetable stock
- 16 oz. canned, low-sodium yellow corn or hominy, drained, rinsed
- 16 oz. canned, low-sodium kidney beans, drained, rinsed
- 1 small onion, chopped
- 1 rib celery, chopped
- 15 oz. canned, cooked pumpkin (Tip: Be careful, don't get pumpkin pie filling!)
- 5 fresh sage leaves **OR** 1/2 tsp. dried sage
- 1/2 tsp. curry powder



Directions

1. Bring chicken stock to a slow boil.
2. Add corn/hominy, beans, onion and celery. Boil for 10 minutes.
3. Add sage leaves, curry, and pumpkin and simmer on medium-low heat for 20 minutes.

Nutrition Info: Per Serving (6 servings)

145 calories

9g protein

28g carbohydrate

1 g fat

0 g saturated fat

Recipe From:

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Three-Sisters-Soup_UCM_465569_RecipeDetail.jsp