

# Sister Soup

Vichna Belsky

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## Ingredients

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- 2-4 TB oil
- 1 large onion, chopped
- 1 butternut squash, peeled & cubed
  
- 1 can great northern beans
- 1 zucchini, peeled & cubed
  
- 1 TB honey
- 1 TB salt



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## Method

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1. In a large pot, saute onion and butternut squash in oil until onion is clear.
2. Add canned beans, zucchini, and 8-10 cups of water.
3. Cook 1 hour.
4. Add honey and salt. Blend.
5. Serve with French's onions for additional flavor and garnish.

*I call this soup "Sister Soup" because it uses two of the "Three Sisters," the three main agricultural crops of some Native Americans: Corn, Beans and Squash.*

