



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA



## THREE SISTERS SOUP

This Native American recipe features the “three sisters” of corn, beans and squash.



### INGREDIENTS:

- 6 cups fat-free, low-sodium chicken or vegetable stock
- 16 oz. canned, low-sodium yellow corn or hominy, drained and rinsed
- 16 oz. canned, low-sodium kidney beans, drained and rinsed
- 1 small onion, chopped
- 1 rib celery, chopped
- 15 oz. canned, cooked pumpkin (not pumpkin pie filling)
- ½ tsp. dried sage
- ½ tsp. curry powder

### DIRECTIONS

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

**Makes 6 servings.**

**Nutritional values per serving:**

145 calories  
1 g total fat  
0 g saturated fat  
28 g carbohydrate  
9 g protein  
87 mg sodium

Explore more at the [Chiefs Wellness Program homepage](#) -->