



Great Garden Soup

This soup is reminiscent of chili. It is a traditional Native American stew consisting of squash, corn, and beans. Native American stories of the Three Sisters refer to a tradition of planting corn, beans, and squash together in the garden, which was good for the soil and yielded healthy vegetables.

Makes: 6 servings **Prep time:** 20 minutes
Cook time: 30 minutes

the INGREDIENTS

Nonstick cooking spray

4 ounces ground beef, at least 90% lean, raw, fresh or frozen

2/3 cup onions, fresh, 1/4" diced

2 cloves garlic, fresh, minced
(1 clove is about 1/2 teaspoon minced)

1 tablespoon jalapeno pepper, fresh, seeds and veins removed, minced

2/3 cup butternut squash, fresh, 1/2" cubed

1/4 cup green beans, fresh, cut into 1/2" pieces

3 tablespoons corn, frozen

1 tablespoon thyme, dried

1/4 cup summer squash, fresh, unpeeled, 1/2" diced

1/4 cup zucchini, fresh, unpeeled, 1/2" diced

11 ounces kidney beans, low-sodium, rinsed, and drained or kidney beans, dry, cooked
(1 1/2 cups + 2 Tbsp)

1/3 cup tomato sauce, canned

3/8 cup tomatoes with juice, canned, diced

1/4 cup water

the DIRECTIONS

1. Coat a medium skillet with nonstick cooking spray.
2. Heat the skillet on medium-high heat.
3. Add ground beef, and brown. Heat to 165 °F or higher for at least 15 seconds. Drain.
4. In a medium stockpot, add browned beef, onions, garlic, jalapeno peppers, butternut squash, green beans, corn, and thyme. Cook for 4–6 minutes on medium-high heat. Stir occasionally until onions and peppers are tender. (If using a slow cooker, see instructions in chef tips, next page).
5. Add summer squash, zucchini, kidney beans, tomato sauce, tomatoes with juice, and water. Stir well. Bring to a boil.
6. Reduce heat to medium, and simmer uncovered for 20 minutes or until vegetables are tender. Stir often. Heat to 140 °F or higher for 15 seconds.
7. Serve 2/3 cup.

Critical Control Point: Hold at 140 °F or higher.

the

NUTRITION INFORMATION

For $\frac{2}{3}$ cup

Nutrients	Amount
Calories	120
<hr/>	
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	12 mg
Sodium	214 mg
Total Carbohydrate	16 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	9 g
<hr/>	
Vitamin D	N/A
Calcium	3 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

the

CACFP CREDITING INFORMATION

$\frac{2}{3}$ cup provides legume as meat
alternate: $1\frac{1}{2}$ oz equivalent meat/meat
alternate and $\frac{1}{4}$ cup vegetable; or legume
as vegetable: $\frac{1}{4}$ oz meat and $\frac{1}{2}$ cup
vegetable.

the

CHEF TIPS

For optimal browning and taste: 1) do not rinse ground beef; 2) do not crowd ground beef (crowding may cause the juices to pool around the meat).

Variations

If ground beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower. If using a slow cooker, add browned beef and vegetable mixture along with remaining ingredients into a slow cooker. Cook for 3 hours on high or 6 hours on low.

Slow Cooker and Food Safety Tips

Slow cookers cook food slowly at a low temperature—generally between 170 °F and 280 °F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less. If you cut up the meat and vegetables in advance, store them separately in the refrigerator. Always thaw meat or poultry before putting it into the slow cooker.

Tips for Soaking Dry Beans

1 lb dry kidney beans = about $2\frac{1}{2}$ cups dry or $6\frac{1}{4}$ cups cooked kidney beans.

Overnight Method: Add $1\frac{3}{4}$ qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil $1\frac{3}{4}$ qts of water for each 1 lb of dry beans. Add beans, and boil for 2 minutes. Remove from heat, and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add $1\frac{3}{4}$ qts water for each 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.