



THREE SISTERS SOUP RECIPE

1 Qt Chicken Broth
2 C White & Wild Rice Blend, Cooked
1 tsp Olive Oil
1/2 C Yellow Onions, Diced 1/8"
1 tsp Minced Garlic
1 C Frozen Corn, Thawed

1 C Baby Lima Beans, Thawed
3/4 tsp Oregano Leaves
3/4 tsp Thyme Leaves
1/2 tsp Salt
3/4 tsp Ground Black Pepper

1. Prepare Wild Rice Blend.
2. In a blender, add 1/4 cup chicken broth and 3/4 cup Wild Rice blend. Process until smooth puree.
3. Heat stock pot or kettle over high heat.
4. Add oil, garlic and onions. Sauté for 2 to 3 minutes.
5. Add corn, remaining wild rice, lima beans, remaining chicken broth, oregano, thyme, salt and pepper. Bring to a boil.
6. Reduce heat to low. Add pureed wild rice blend. Stir to combine. Simmer for 15 minutes.

Portion: Serve 8 oz ladle.

Yield: 6 Servings.