



# JERSEY TASTES!

## RECIPES

### Three Sisters Soup



## INGREDIENTS:

### FAMILY-SIZE SERVES: 8 PORTION; SIZE: 2/3 CUP

- Nonstick Cooking Spray
- 1/3 lb. Meat Alternative Beef Made From Plants Bulk\*
- 3/4 cup Onion, fresh, peeled, 1/4" diced
- 2 Garlic cloves, minced
- 3/4 cup Butternut Squash, 1/2" cubed
- 1/3 cup Green Beans, fresh, cut into 1/2" pieces
- 1/4 cup Corn, frozen
- 1 Tbsp. Thyme Leaves, dried
- 2/3 cups Summer Squash, unpeeled, 1/2" diced
- 15 oz. can Kidney Beans, rinsed, drained
- 1/4 cup Tomato Sauce
- 1/2 cup Tomatoes, canned, diced with juice
- 1/3 cup Water

### SCHOOL FOOD SERVICE # PORTIONS: 25 EACH PORTION SIZE: 2/3 CUP

- Nonstick Cooking Spray
- 1 lb. Meat Alternative Beef Made From Plants Bulk\*
- 2.5 cups Onion, fresh, 1/4" diced
- 1 tablespoon plus 1 teaspoon Garlic, minced
- 2.5 cups Butternut Squash, 1/2" cubed
- 1 cup Green Beans, fresh or frozen, 1/2" pieces
- 3/4 cup Corn, frozen
- 1/4 cup Thyme Leaves, dried
- 2 cups Summer Squash, unpeeled, 1/2" diced
- 7 cups (3/4 #10 can) Kidney Beans, rinsed, drained
- 1.5 cups Tomato Sauce
- 1.5 cups Tomatoes, canned, diced with juice
- 1 cup water

## DIRECTIONS:

- 1 Coat skillet with nonstick cooking spray. Heat skillet on medium-high heat.
- 2 Add ground meat alternative & cook until browned, about 12-15 minutes. Drain.
- 3 Add to stockpot: browned meat alternative, onions, garlic, butternut squash, green beans, corn, & thyme.
- 4 Cook for 4-6 minutes on medium-high heat, stirring occasionally, until onions are tender.
- 5 Add summer squash, kidney beans, tomato sauce, diced tomatoes with juice & water. Stir well. Bring to a boil uncovered.
- 6 Reduce heat to medium & simmer uncovered for an additional 20 minutes, or until vegetables are tender. Stir often.
- 7 Serve 2/3 cup (#6 scoop). Critical Control Point: Hold at 140°F or higher.

### PORTION SIZE:

Portion Size: 2/3 cup = 1.5 oz. \* Meat Alt.; 1/4 cup Veg/Other OR 1/4 cup Veg/Legume & 1/4 cup Veg/Other

RECIPES MADE IN COLLABORATION WITH:

