

ESY Pittsburgh Winter Cooking Program

Three Sisters Soup

Cooking and Community Lesson
December



Map Skills
North America
United States

Materials Needed:

- See Three Sisters Soup Recipe Card and Materials List (attached)
- Induction Burner + cord (if needed)
- World Map
- Food Journals
- Small bowls and spoons
- Hand sanitizer
- Large recipe poster
- Optional: gourds, pottery, and other traditional tools.

Prepare Before Lesson:

- Cube squash
- Make large recipe poster
- Hang world map
- Work with teacher to arrange cooking table/locate outlet.
- Write agenda on board.
- Optional: Set up music for work/eating time

Note: if time is a concern, please see our alternative Three Sisters Sauté recipe. (attached)

Objectives:

1. Practice map skills focused on The Americas, North America, and The U.S. (country).
2. Reinforce “all food begins with a plant” garden knowledge.
3. Introduce students to corn, beans and squash and healthy ways to prepare them.
4. Explore measurement (liquids and solids) and food transformations through cooking.
5. Create an environment of classroom collaboration by cooking and eating together.

Lesson Flow

o Engage (5 min)

-Locate ‘the Americas’ on the map. Locate North America, U.S.A., Canada, and Mexico. Did these countries exist as such many hundreds of years ago?

-“Does anyone remember what we’re going to cook today? Three Sisters Soup! Can anyone name **The Three Sisters**? Introduce term **storage crops**. The three sisters were and are useful storage crops—dried corn, dried beans, and winter squash. For this reason, this would have been a winter recipe for Native peoples.

-Review term **indigenous**. The Three Sisters crops are indigenous to the Americas.

- Let's look at today's agenda." *Agenda: Review roles, talk about jobs/tools, cook together, eat together, clean up together, Food Journal.*

o Cooking Together (20 min)

-Role Overview: During our cooking classes, we will usually work in small groups. Each group will receive a different but important job.

-Today's Jobs and Tools:

“Step One Jobs: 1. Chop onions using The Food Chopper 2. Measure water and vegetable broth using the Liquid Measuring cup and squash using the Dry Measuring Cups.” *Divide students into these jobs, clean hands, complete jobs, sauté onions, begin cooking squash in broth and water.*

o **Cooking Together (Cont'd)**

-**“Step Two Jobs:** 1. Grate potatoes using Grater 2. Peel cloves of garlic using hands 3. Measure corn and beans using Dry Measuring Cups 4. Chop Parsley using Curious Chef Knife (or tear with hands).” *Divide students into groups, complete jobs, have students bring their ingredients to the table as they finish. Add potatoes, corn, beans and garlic to pot (don't forget to chop garlic first). Then, call a “Student Taste-Tester” forward to try the soup and help measure/add chipotle, sage and salt to taste. Continue cooking soup.*
-Clean up/Set Table: “While our soup is finishing its cooking time, we will clean up our space and set our tables so that our classroom looks more like a dining room. This is where we really need to work as a team so we can eat our soup before class finishes. Please clean off your desk and take any scraps to the trashcan. Once you do this, I'm looking for two volunteers, I will know you want to help if you are sitting at your clean desk with your quiet hand raised.” *Delegate jobs (to pass out placemats and spoons). Finish cooking soup, ladle into bowls to begin cooling.*

o **Eating Together (15 min)**

-Appreciate: “Wow, what an amazing cooking team we are! We followed a recipe, used new tools and worked together to make Three Sisters Soup. Well done! Give yourself a pat on the back. Let's also thank the farmers who helped to grow this food, and the indigenous people of the Americas for creating such a delicious recipe. Since we all worked so hard on this soup, let's remember to use kind words when we taste. I think you will like it, but if you do not, please be respectful of all who do and all who helped.”
-Serving and Tasting: “I need two careful friends to help me serve our soup.” *Choose helpers and pass out soup. “Please wait until everyone is served before you eat. Let's all say 'thank you' together one more time. You may taste and enjoy your soup! Talk with your friends about what job you did today and if you can find the ingredient(s) you helped with in the soup.”*
-Clean Up: Choose helpers to take around trashcan and collect placemats.
-Looking Ahead: “Next week we will be moving to a new continent to learn about food and cooking! Thank you for being such excellent students, chefs and teammates.”

Food Journal

Prompt: What did we cook today? What was your cooking job? Draw a picture.

Challenge Prompts: 1. Which crops in Three Sisters Soup did we grow in our school garden?
2. What other foods have you eaten which include one or all of The Three Sisters?

Recommended Resources

1. Website: [Woodland Indian Educational Programs](#)– great photos, descriptions of Native American uses for 3 Sisters and worksheets.
2. Website: Iroquois History for Kids: http://www.bigorin.org/iroquois_kids.htm
3. Book: [Native American Gardening](#) by Caduto and Bruchac
4. Traditional Iroquois Music/ Dance Video: http://www.youtube.com/watch?v=wLKu_BW44



Recipe Card

Serves 8-10

35 minutes

Three Sisters Soup

Tools Needed:

- 8 quart Stock pot
- Can opener
- Stirring spoon
- Soup ladle
- 2 Cutting boards
- 2 Knives
- 2 Graters
- Food Chopper
- 4 Bowls
- Liquid measuring cup
- Measuring cups
- Measuring spoons

Ingredients:

- 2 Tbs. olive oil
- 2 c. water
- 2 c. vegetable broth
- 2 c. corn (sweet corn or hominy)
- 2 c. cooked Anasazi, cranberry, pinto or tepary beans or canned pinto beans
- 2 c. winter squash, cubed
- 1-2 c. potato, grated
- 1 onion (optional)
- 3 cloves garlic (optional)
- 1 t. dried sage
- ¼ c. fresh parsley, chopped
- 1 t. chipotle powder
- salt to taste

Directions:

1. Heat olive oil in stockpot, sauté onion until translucent.
2. Add water, broth and squash – cook 10 min or until squash begins to feel tender.
3. Add corn, beans, potato, garlic, herbs and spices – cook 5-10 minutes or until potato and squash are cooked to desired consistency.
4. Ladle into bowls and enjoy!

Notes: Taste test as you cook! Soups are flexible recipes that can be changed and adapted easily based on what you have available and the flavors you enjoy.
-Consider adapting your recipe based on what is seasonal in your area. Try sourcing more traditional ingredients, such as tepary or cranberry beans, white corn, or other heirloom products.
-For a quicker cook-time, see our alternative recipe: Three Sisters Sauté.



Recipe Card

Serves 8-10

10-15 minutes

Three Sisters Sauté

Tools Needed:

- Sauté pan
- Can opener
- Stirring spoon
- 2 Cutting boards
- 2 Knives
- 2 Graters
- Food Chopper
- 4 Bowls
- Liquid measuring cup
- Measuring cups
- Measuring spoons

Ingredients:

- 2 Tbs. olive oil
- 1 white onion, diced
- 3 cloves garlic, finely chopped
- 3 c. zucchini, grated
- 2 c. cooked Anasazi, cranberry, pinto or tepary beans or canned pinto beans
- 2 c. corn kernels, fresh cut from the cobs of 2 ears oven-roasted (or frozen corn, thawed and pan-roasted)
- (optional) 1 t. dried sage or other herbs
- (optional) ¼ c. New Mexico or Anaheim green chile, roasted, peeled, and chopped
- salt and pepper to taste

Directions:

1. Heat olive oil in pan, sauté onion for two minutes or until translucent.
2. Add garlic and zucchini and sauté for another two minutes.
3. Add the cooked beans and corn kernels, stir and sauté for two more minutes.
4. Add the chopped green chile, cook for another two minutes, stirring constantly.
5. Remove from heat. Season with salt and pepper. Serve and enjoy!

Notes: This recipe is offered as an alternative to our Three Sisters Soup recipe. As a sauté featuring zucchini rather than winter squash, it has a much quicker cook time. The recipe has been adapted from Lois Ellen Frank's recipe, found in Native Foodways Magazine, Issue 2. Considering the New Mexico chile pepper, this recipe has more of a Southwest focus, but feel free to adapt it to your region.