



**make soup • share soup • give soup**



**SoupSisters** is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup.

Well known for over a decade of community soup making events, Soup Sisters has delivered over 3 million servings of nurturing and nourishing soup to emergency shelters across the country.

**Celebrated annually on March 3rd, the National Soup it forward day is observed to encourage people to deliver love and kindness by the bowlful to family, friends, neighbours and strangers in need of a 'Hug in a Bowl'.**

**SOUP IT FORWARD THE SOUP SISTERS WAY!**



Karen Anderson founded Alberta Food Tours in Calgary in 2006 and gradually expanded to Canmore, Edmonton and Banff. After Covid-19 hit, she adapted to create the extremely popular "Alberta Cares Packages." Changing with the seasons, they're always packed with Alberta-made goodness. Karen is also a food journalist who has written for CBC Radio, PBS-TV, Avenue and WestJet magazines. Her writing has garnered a Taste Canada cookbook award for A Spicy Touch and a World Gourmand travel writing award for Food Artisans of Alberta. Soup has always been one of her favourite things to make!



*If you keep the right things in your pantry, fridge and freezer, you'll always be able to whip up something delicious at a moment's notice. This speedy soup—the three Ss are sausage, squash and spinach—proves my theory. It's a nutritional powerhouse and as good-looking as it is tasty. Serve on its own for a hearty lunch or with grilled cheese sandwiches for a comforting dinner.*  
—Karen Anderson



**Speedy Triple S Soup**  
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**The Soup Sisters and**  
**Broth Brothers Cookbook**  
**by Karen Anderson**



Makes about 8 servings

- 1 Tbsp (15 mL) olive oil
- 1 lb (500 g) chicken or turkey sausage, cut into bite-size rounds
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp (5 mL) red chili flakes
- ½ cup (125 mL) white wine
- 2 cans (each 19 oz/540 mL) white cannellini beans or other canned beans, drained and rinsed
- 1 can (28 oz/796 mL) tomatoes with their juice
- 1 pkg (12 oz/375 g) frozen butternut squash or sweet potato
- 1 pkg (10 oz/300 g) frozen chopped spinach
- 1 tsp (5 mL) dried basil leaves
- 1 tsp (5 mL) dried oregano leaves
- Salt and pepper to taste
- Piece of Parmesan cheese to shave for garnish



# Speedy Triple S Soup

## The Soup Sisters and Broth Brothers Cookbook

by Karen Anderson

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	Salt and pepper to taste
	Piece of Parmesan cheese to shave for garnish

1. In a large pot, heat the oil over medium heat. Add the sausage. Cook, stirring often, until the sausage is browned on all sides.
2. Add the onion to the pot. Cook, stirring often, until the onion has softened.
3. Add the garlic and chili flakes. Cook, stirring, until fragrant, about 1 minute.
4. Gradually add the wine, stirring to scrape up any browned bits from the bottom of the pot.
5. Add the beans, tomatoes, 2 tomato canfuls of water, the squash, spinach, basil and oregano. Bring to a boil.
6. Reduce the heat and simmer, covered, until the squash and spinach have thawed and the soup is piping hot, about 15 minutes. Season with salt and pepper to taste.
7. Ladle the soup into bowls and, with a sharp vegetable peeler, shave slivers of Parmesan over each hearty bowlful.

# There's a message in every bowlful

[WWW.SOUPSISTERS.ORG](http://WWW.SOUPSISTERS.ORG)



## *Speedy Triple S Soup*

Oil, chicken or turkey sausage, onion, garlic, red chili flakes, white wine, beans, tomato, butternut squash or sweet potato, spinach, basil, oregano, salt, pepper

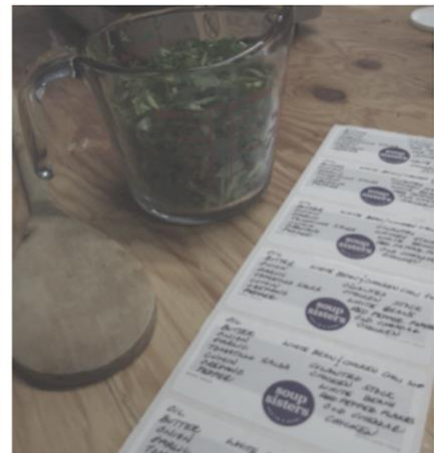
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Month, YYYY



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*Your friends next door!*



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