

Mary's Berry Soup

Recipe from Ojibewa at Bay Mills Indian Community

Offered by Gyiishk kwe ... who learned this from I recieved this from an elder that was teaching at BMCC.

Ingredients

4 Cups berries - such as Saskatoons, blueberries, raspberries

4 Cups rhubarb

4 Apples

1/2 Cups raisins

Water to simmer

!!NO Added Sugar!!

Directions

1. Clean Fruit
2. Chop rhubarb and apples
3. Combine four types of fruit in a large pot. Add sufficient water to simmer
4. Bring to a boil, then simmer one half hour, Please do not add sugar.
5. Cool and serve as "Berry Soup"

Note: Serves 10 - 15 people.

NOTE: Elders advise that the different types of fruit sugars enhance each other to sweeten this recipe while the rhubarb acts as the thickener.