

Diet

The food staples of the Creek Indians at the time of this story were corn, squash, and beans, which were gardened. The men often fished, or hunted boar, deer, bison, and turkey. Some of the wealthier citizens (often the Creek families of white traders) domesticated animals such as fowl, cattle, and pigs. Typical prepared dishes among the Muskogee Creeks were thick chowders such as sofkey (a corn/lye mix), and pumpkin or squash soups.

Healthy recipe

Contemporary butternut squash soup (serves 6-8)

Ingredients

1 ½ tablespoon olive or canola oil
1 onion, chopped
4 cloves garlic, chopped
1 butternut squash, peeled, seeded, and cut into 1-in. cubes
3 cups water (add more if mixture is too thick)
*2 vegetable Maggi cubes**
1 tsp. cumin
¼ tsp. nutmeg
2 tbsp. nutritional yeast
1 cup heavy cream (optional)

Directions

1. Melt the oil in a large pot over medium heat. Saute the onion and garlic until the onion is softened.
 2. Add the squash, water, and Maggi cubes. Bring to a simmer and cook until the squash is tender, 10 to 15 minutes. Add the cumin, nutmeg, and yeast and stir until all ingredients are blended.
 3. Pour the soup into a food processor and puree until smooth, adding more water if mixture is too thick.
 4. If desired, stir in the cream by hand.
 5. Serve with crusty whole wheat bread (make dipping oil from olive oil and balsamic vinegar).
- *Butternut squash will vary in the strength of its flavor. If the flavor is weak, add another cube to the mixture.*