

MINESTRONE

SOUP MIX

INGREDIENTS: -DITALINI PASTA -MINCED ONION -MINCED GARLIC -CHICKEN BOUILLON -SALT	ADD INS: -12 OZ CAN CRUSHED TOMATOES -12 OZ BAG FROZEN VEGETABLES W/GREEN BEANS -2 C. WATER -(OPTIONAL) 2 CHICKEN SAUSAGES	COOKING INSTRUCTIONS: 1. ADD CONTENTS OF JAR TO A MEDIUM POT 2. ADD CRUSHED TOMATOES, FROZEN VEGETABLES, AND WATER 3. BRING TO A BOIL, REDUCE TO SIMMER, AND COOK 15-20 MIN
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SERVE WITH FRENCH BREAD

SAUSAGE & BARLEY

SOUP MIX

INGREDIENTS: -BARLEY -MINCED ONION -SUNDRIED TOMATOES -THYME -SALT	ADD INS: -2 SLICED CHICKEN SAUSAGES -1 TBSP TOMATO PASTE -1 C. CHICKEN BROTH -12 OZ BAG FROZEN MIXED VEGETABLES -2 C. WATER	Cooking instructions: 1. Add ingredients to a medium pot 2. Add tomato paste, chicken broth, and water. Bring to a boil, reduce heat and simmer for 25-30 minutes 3. Add sausage and vegetables. Cook for 5 minutes 4. Serve and enjoy
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SERVE WITH FRENCH BREAD

TACO SOUP

SOUP MIX

INGREDIENTS: -CHICKEN BOUILLON -CORN -CUMIN -CHILI POWDER -RICE -MINCED ONION	ADD INS -1 CAN RINSED & DRAINED BLACK BEANS -1 CAN DICED TOMATOES -1 LB GROUND BEEF -2 C. WATER	Cooking Instructions: 1. In a medium pot, brown the ground beef over medium heat until cooked through 2. Add the contents of the jar, black beans, tomatoes, and water 3. Bring to a boil, and reduce the heat to simmer for 10-15 minutes, 4. Serve and enjoy
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SERVE WITH TORTILLA STRIPS, SOUR CREAM, AND AVOCADO

COCONUT LENTIL CURRY

SOUP MIX

INGREDIENTS: -LENTILS -CUMIN -TURMERIC -MINCED GARLIC -GINGER	ADD INS: -1/2 DICED ONION -1 CAN COCONUT MILK -2 C. VEGETABLE BROTH -10-15 ASPARAGUS SPEARS -1 TSP AVOCADO OIL	Cooking Instructions: 1. Add the oil and diced onion to a medium pot over medium heat. Sauté until translucent 2. Add the contents of the jar to the pot with the vegetable broth. Bring to a boil, reduce heat to a simmer, cover with a lid and cook for 15-20 min until tender 3. 10 minutes into cooking, add the asparagus and coconut milk. Continue cooking for the rest of the time 4. Serve and enjoy
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SERVE WITH NAAN

CHICKEN NOODLE

SOUP MIX

INGREDIENTS: -EGG NOODLES -MINCED ONION -MINCED GARLIC -CHICKEN BOUILLON -THYME -PEPPER -SALT	ADD INS: -1.5 C. COOKED CHICKEN -12 OZ BAG MIXED VEGETABLES -4 C. WATER	COOKING INSTRUCTIONS: 1. ADD CONTENTS OF JAR TO A MEDIUM POT 2. ADD MIXED VEGETABLES AND WATER 3. BRING TO A BOIL AND COOK FOR 8-10 MIN 4. ADD COOKED CHICKEN 5. SIMMER FOR 3-5 MIN 5. SERVE AND ENJOY
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