

Bean Soup in a Jar

You'll Need: Large 5L pot, spatula

Preparation Time: 10 minutes

Cook Time: 50 minutes

| Soup Jar Ingredients | Amount for 8 |
|-------------------------------|-----------------------------|
| Dry split peas | ½ cup |
| Beef bouillon granules | 1-2 cubes (1-2 tablespoons) |
| Pot barley | ¼ cup |
| Dry lentils | ½ cup |
| Dried minced onion | ¼ cup |
| Italian seasoning | 2 teaspoons |
| Additional Ingredients | |
| Ground or finely chopped meat | 1 lb |
| Water | 3.5 liters (14 cups) |
| Diced tomatoes (do not drain) | 1 28 oz can |
| Macaroni (brown if available) | ½ cup |

Method:

Step 1: In a large pot cook meat and drain fat. **Step 2:** Add the soup mix, water, and tomatoes; bring to a boil. Reduce heat; cover and simmer for 45 minutes.

Step 3: Add macaroni—cover and simmer for 15 to 20 minutes or until macaroni, peas, lentils, and barley are tender.

Nutrients per Serving:

Calories: 315.9 kcals

Fat: 9.3 g

Sodium: 647.8 g

Carbohydrate: 33.3 g

Fibre: 4 g

Protein: 25 g