



EXPLORE IT!

Five Bean Soup in a Jar

Description: This hearty and healthy soup-in-a-jar is a festive gift idea that your friends and family are sure to love. It is easy and handmade and better yet, waste free!

Ingredients:

- 2/3 Cup Pinto Beans
- 2/3 Cup Navy Beans
- 2/3 Cup Black Beans
- 2/3 Cup Split Peas
- 2/3 Cup Red Beans

1 spice packet wrapped in parchment paper (1 packet onion soup mix can be substituted)

Spice packet ingredients:

- $\frac{3}{4}$ tsp of each of the following; Black pepper, Paprika, dry mustard
- 1 $\frac{1}{2}$ tsp of each of the following: dehydrated onions, sea salt, garlic powder, oregano
- $\frac{1}{4}$ tsp dried rosemary
- 2 bay leaves
- 1 bouillon cube

Other items needed: Mason quart jar with lid, parchment paper and tape, string or ribbon, Christmas fabric, wide mouth funnel (helpful to add ingredients)

Instructions:

- Layer beans into mason jar in the order above, starting with pinto bean - shake the jar gently to level each layer of beans
- In a small bowl, combine all spices, except for the bouillon and bay leaf
- Cut a 10"x10" piece of parchment paper and put combined spices in the center. Top off with the bay leaves and bouillon. Fold the parchment paper into a 1 $\frac{1}{2}$ " square and tape. Place spice packet on top of the bean layers
- Cut a circular piece of fabric 8" diameter. Place fabric and lid on jar
- Add soup direction label for the recipient with ribbon or string



Recipe

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Instructions

Remove spice packet from the jar and set aside.

Rinse beans and place in a large stock pot. Cover with 1" of water.

Bring to a boil for one minute, remove from heat, cover and let soak for one hour.

Drain and rinse beans. Return beans to the pot, add in spice packet,
1 can of diced tomatoes and 6 cups of water.

Bring to a boil, reduce heat and simmer for 1 ½ hours until beans are very tender and soup is thick.

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