

Italian Barley & Lentil (IBL) or Italian Lentil & Bean (ILB GF)

Ingredients:

Green & yellow split peas, rice, spices, barley and lentils OR lentils and romano beans (GF), chicken/mushroom bouillon

Cooking Instructions:

Add contents of jar to a crock pot or instant pot with 7 cups water, one 6-oz can of tomato paste, and one 14-oz can diced tomatoes. Pressure cook for 20 minutes (quick or natural release) or slow-cook on low for 6 hours. Add salt and pepper to taste and red pepper flakes, if desired. Delicious served with your favourite crusty bread.



Serves five to six.

Split Pea Soup (Vegetarian) (SP)

Ingredients:

Vegetable bouillon cube, dehydrated vegetables and spices, dried green and yellow split peas.

Cooking Instructions:

Empty contents of jar into large saucepan. Add 6 cups water, heat to boiling, stirring often. Reduce heat; cover and simmer for 1 to 1 1/2 hours or until peas are tender, stirring frequently to prevent peas from sticking. Remove bay leaf. Serve soup with dollop of sour cream and bacon bits, if desired.



Serves four.

Spicy Black Bean Soup (Vegetarian) (BB)

Ingredients:

Black beans, dried chopped onions, garlic powder, cumin, celery seed, bay leaves, chili powder, vegetable bouillon cube, dried chile pepper.

Cooking Instructions:

Add bouillon cube plus all jar ingredients to six cups of water in a sauce pan. Bring that to a boil over high heat, reduce heat to low, and simmer until the beans are tender and the soup is thick, about 90 minutes, adding more water as necessary to soften the beans. Remove and discard the chile pepper and bay leaves before serving. Season to taste.



Serves four to six.

Curried Lentil Soup (Vegetarian) (CL)

Ingredients:

Red lentils, garlic powder, onion flakes, curry powder, paprika, turmeric, cumin, vegetable bouillon cube.

Cooking Instructions:

In a large pot, melt 2 tbsp butter over med-high heat. Add 4 chopped carrots, 3 chopped celery stalks, sautéing for 7-8 minutes until soft. Mix bouillon cube with 2 cups boiling water, stir until dissolved. Add broth and 2 cans full fat coconut milk. Add jar contents, simmer for 20 minutes until lentils are fully cooked. Optionally, remove from heat and stir in 2 cup chopped baby spinach!



Serves four to six.