

quinoa lentil soup mix ornament

SERVES 4

RECIPE FROM: [Frugally Sustainable](#)

PREP TIME: 5 minutes

COOK TIME: 20-30 minutes

12oz glass jar

½ cup quinoa

½ cup red lentils

3 Tbsp dehydrated vegetables

1½ Tbsp dried minced onions

½ tsp dried minced garlic

½ tsp salt

1 dried bay leaf

To make jar:

LAYER all ingredients in a clean 12oz glass jar in the order listed.

CLOSE lid and [add instruction card](#) and decorative bow so it resembles an ornament. These cards are standard business card size.

To make soup:

ADD all ingredients, plus 5 cups of water or stock to a pot.

BRING to a boil over high heat, reduce heat to low and cover.

SIMMER until lentils are tender and the soup is thick, about 20-30 minutes, adding more liquid as necessary to soften the lentils.

REMOVE and discard bay leaf before serving.

SEASON to taste with salt and pepper.

coconut curry soup mix ornament

SERVES 4

RECIPE FROM: [Wholefully](#)

PREP TIME: 5 minutes

COOK TIME: 20-30 minutes

12oz glass jar

½ cup orange lentils

½ cup green lentils

2¼ tsp curry powder

2¼ tsp dried minced onions

2¼ tsp dried minced garlic

¾ tsp salt

1 dried chile pepper

To make jar:

LAYER all ingredients in a clean 12oz glass jar in the order listed.

CLOSE lid and [add instruction card](#) and decorative bow so it resembles an ornament. These cards are standard business card size.

To make soup:

ADD all ingredients, plus 4 cups of water or stock and a 14oz can of full-fat coconut milk to a pot.

BRING to a boil over high heat, reduce heat to low and cover.

SIMMER until lentils are tender and the soup is thick, about 20-30 minutes, adding more liquid as necessary to soften the lentils.

REMOVE and discard chile pepper before serving.

SEASON to taste with salt and pepper.

taco bean chili mix ornament

SERVES 4

RECIPE FROM: [Recipe Gold Mine](#)

PREP TIME: 5 minutes

COOK TIME: 90 minutes

12oz glass jar
1½ tsp chili powder
1 tsp ground cumin
1 tsp garlic powder
1 tsp onion powder
¼ tsp crushed red pepper
½ tsp salt
1 tsp dried minced onions
½ cup dried kidney beans
½ cup dried pinto beans
½ cup dried red beans

To make jar:

LAYER all ingredients in a clean 12oz glass jar in the order listed.

CLOSE lid and [add instruction card](#) and decorative bow so it resembles an ornament. These cards are standard business card size.

To make soup:

ADD all ingredients, plus 5 cups of water or stock to a pot.

OPTIONAL: add a 14.5oz can of diced tomatoes with green chiles and/or 1lb ground meat, cooked and drained

BRING to a boil over high heat, reduce heat to low and cover.

SIMMER until beans are tender and the soup is thick, about 90 minutes, adding more liquid as necessary to soften the beans.

SEASON to taste with salt and pepper.

TOP with shredded cheese, chopped lettuce, sour cream, avocado, guacamole, black olives, etc., if desired.

