

BEAN SOUP IN A JAR

A delicious soup for a quick meal on a snowy day or a great grab & go gift!



Layer in a quart jar in this order, try not to tip the jar, the layers look appealing!

3 C of beans, your choice or the 11 Bean Soup Mix

1/3 C each millet, brown rice & quinoa

¼ C chicken, Beef or Vegetable Broth Mix

2 teaspoons Pink Salt

1 teaspoon minced garlic

¼ C steel cut oats (whole oats processed in either Blender or Harvest Mill)

To Make Soup, combine the bean mix with 3 ½ quarts of water in a large Sizzle Pot of other stock kind of pot. Add:

¼ C coconut aminos

Meat or Poultry of choice or not

Cook until the beans are soft. You may need to add water. Enjoy with some savory bread, corn bread or biscuit & salad!