



Friendship Soup Jar

Ingredients:

- 1/2 cup dried green split peas
- 1/3 cup beef bouillon granules (reduced sodium)
- 1/4 cup medium pearl barley
- 1/2 cup dried lentils
- 1/4 cup dried minced onion
- 1/2 cup uncooked long grain brown rice
- 1/2 cup uncooked alphabet pasta or other small pasta
- 2 teaspoons Italian seasoning

Directions for gift jars:

- 1) In a 1 1/2 pint jar (new or reused), layer the first seven ingredients in the order listed. Use Montana-grown products where available.
- 2) Wrap pasta in a small sheet of plastic wrap and add to jar.
- 3) Seal tightly.
- 4) Decorate jar with stickers, ribbon, or gift paper.
- 5) Write or type recipe instructions onto a holiday card or paper. Attach to jar.
- 6) Store in a cool, dry place for up to 3 months.

RECIPE INSTRUCTIONS:

Additional Ingredients:

- 1 pound lean ground beef or wild game
- 3 quarts water
- 1 can (28 oz) diced tomatoes, undrained

To Prepare Soup:

- 1) Remove pasta from jar and set aside.
- 2) In a Dutch oven over medium heat, cook the beef until no longer pink; drain fat.
- 3) Add the water, tomatoes, and soup mix; bring to a boil.
- 4) Reduce heat; cover and simmer for 45 minutes.
- 5) Stir in the reserved pasta; cover and simmer for 15-20 minutes or until the pasta, peas, barley, rice, and lentils are tender.

Nutrition Analysis:

Serving Size: 1 cup

Calories: 165

Total Fat: 4.0 g

Calories from Fat: 24 %

Saturated Fat: 0.0 g

Trans Fat: 0.0 g

Total Carb: 21 g

Dietary Fiber: 4.8 g

Sodium: 106 mg

Protein: 12 g

Calcium: 49 mg

Iron: 2.6 mg

Recipe Source

Recipe provided courtesy of Taste of Home magazine. Find more great recipes at www.tasteofhome.com