

# Soup in a Jar

## Ingredients:

Orzo pasta	¼ cup
Red lentils	¼ cup
Wild rice	¼ cup
Pot Barley	¼ cup
Green split peas	¼ cup
Dehydrated vegetable mix	¾ cup
Salt	2 teaspoons
Pepper	½ teaspoon
Oregano	1 teaspoon
Basil	1 teaspoon
Thyme	1 teaspoon
Parsley	1 teaspoon
Garlic powder	2 teaspoons
Onion powder	2 teaspoons
Diced tomatoes	1 can (540 ml)



## Instructions:

1. In a 500ml jar, layer first 14 ingredients as listed above.
2. To cook, place ingredients in a large pot with 8 cups of water and bring to a boil.
3. Reduce heat and cover. Simmer for 1 hour. Stir occasionally.
4. Add 540 ml can of diced tomatoes and heat for 5 minutes. Serve.

**Serves 10**

**Add leftover vegetables or  
meat from your fridge!**