Curried Lentil Soup in a Jar
Makes 4 jars, each serving 6-8

Ingredients
- 4 cups red lentils
- 4 cups green lentils
- ¾ cup dried minced onion
- ¼ cup curry powder
- ¼ cup dried parsley
- 4 teaspoons salt
- 2 teaspoons garlic powder

Directions
1. In each jar, layer ½ cup red lentils, ½ cup green lentils, 3 tablespoons minced onion, 1 tablespoon curry powder, ½ teaspoon garlic powder, 1 teaspoon salt, 1 tablespoon parsley, another ½ cup red lentils and another ½ cup green lentils. Seal with a lid.
2. Add these cooking instructions to the jar:
3. Place soup mix in large pot with 7 cups water. Bring to a boil, then simmer covered for 30 minutes.

Recipe from Healthier Holiday Treats, Fall 2016