

Curried Lentil Soup in a Jar

Makes 4 jars, each serving 6-8



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 4 cups red lentils
- 4 cups green lentils
- $\frac{3}{4}$ cup dried minced onion
- $\frac{1}{4}$ cup curry powder
- $\frac{1}{4}$ cup dried parsley
- 4 teaspoons salt
- 2 teaspoons garlic powder

Directions

1. In each jar, layer $\frac{1}{2}$ cup red lentils, $\frac{1}{2}$ cup green lentils, 3 tablespoons minced onion, 1 tablespoon curry powder, $\frac{1}{2}$ teaspoon garlic powder, 1 teaspoon salt, 1 tablespoon parsley, another $\frac{1}{2}$ cup red lentils and another $\frac{1}{2}$ 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