



# Meals in a Jar

## I N G R E D I E N T S

- 2 T olive oil
- 1 medium onion, chopped
- 2 large butternut squash, peeled, seeded, and chopped
- 32oz organic vegetable stock
- 4oz cream cheese
- Salt and pepper to taste

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## D I R E C T I O N S

- In a stock pot, heat oil. Add onions and cook, stirring occasionally, for 5-7 minutes.
- Add butternut squash and sautee for a couple minutes.
- Add stock and bring to a boil.
- Cook until butternut squash is fork tender (15-20 minutes).
- Add cream cheese.
- Remove from heat and puree with immersion blender.
- Season with salt and pepper to taste.
- Enjoy!

Butternut Squash Soup



# Meals in a Jar

Signature Mohr Salad

## D I R E C T I O N S

In a large mason jar, layer the following  
(from bottom to top)

2 T your favorite balsamic vinaigrette

Strawberries

Sliced sweet onion

Toasted pecans

Dried cranberries

Roasted pumpkin seeds

Sprinkle of feta cheese

Chopped broccoli, brussels sprouts, cabbage, kale, chicory

Organic mixed greens (romaine and fresh spring greens)

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