



Meals in a Jar

Tortilla Soup with Butternut Squash

INGREDIENTS

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| 2 T olive oil | 1 10oz can Rotel tomatoes |
| 1 medium onion (chopped) | 32oz vegetable broth |
| 1 bell pepper (chopped) | 2 t cumin |
| 1 banana pepper (minced) | 1 1/2 t chili powder |
| 4 cloves garlic (minced) | 1 T salt |
| 1 lb butternut squash (cubed) | black pepper to taste |
| 2 15oz cans black beans | 2 T lime juice |
| 1 28oz can crushed tomatoes | |

DIRECTIONS

- Heat oil in soup pot over medium heat.
- Sauté onion, peppers, and butternut squash until softened (about 15 minutes).
- Add garlic & spices. Cook until fragrant (30-45 seconds).
- Add beans, tomatoes, and broth. Bring to a rolling boil.
- Reduce heat and simmer for 30 minutes (the longer the better). Stir regularly.
- Add lime juice.
- Season with salt and pepper to taste.
- Enjoy!

This recipe was inspired by Cookie and Kate



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Spicy Lime 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 Spicy lime dressing	Dried cranberries
Carrots	Romaine
Salad turnips	Sunflower seeds
Tomatoes	Pepitos
Corn	
Shredded cheese	

Spicy Lime Dressing combine the juice of 4 limes, 1/2 cup light flavored olive oil, 1/2 bunch cilantro, 1 banana pepper (seeded and deribbed), 1 T honey, 1 t cumin, 1/2 t Dijon mustard, 1 clove garlic, & a pinch salt in a blender. Process until smooth.