



Meals in a Jar

Cannellini and Kale Soup

INGREDIENTS

1 T olive oil	4 cups chopped kale
1 large onion (chopped)	32oz vegetable broth
3/4 cup carrots (chopped)	2 cans cannellini beans
2 cloves garlic (minced)	(drained and rinsed)
14 oz diced tomatoes	1 T salt
2 large Yukon gold potatoes (chopped)	1/4 t black pepper
	1 t crushed red pepper
	8oz Parmesan cheese

DIRECTIONS

- Heat oil in soup pot over medium heat.
- Saute onions and carrots until softened.
- Add garlic and diced tomatoes. Cook 8 minutes.
- Add vegetable broth and bring to a boil.
Reduce heat to simmer. Add all remaining ingredients except beans. Cook until potatoes are fork tender.
Add beans and season to taste. Enjoy!



Meals in a Jar

Mandarin Orange 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 sweet & sour dressing
- Chopped celery
- Mandarin oranges
- Chopped romaine
- Toasted almonds

Sweet and Sour Dressing

Combine 2 T white vinegar, 2 T sugar, 1 t salt & 1/4 cup vegetable oil. Mix well