



Meals in a Jar

Roasted Pepper and Corn Chowder

INGREDIENTS

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| 2 T butter | 32oz vegetable broth |
| 1 medium onion (chopped) | 1 1/2 T cumin |
| 1 large bulb fresh garlic | 3 t paprika |
| 2 pounds sweet peppers
(roasted, peeled, set aside) | 1 T salt |
| 32oz corn (white and yellow) | 1 t black pepper |
| | 1 cup half and half |

DIRECTIONS

- Heat butter in soup pot over medium heat.
- Sauté onion until softened (about 5 minutes).
- Add garlic & spices. Cook until fragrant (30-45 seconds).
- Add roasted peppers and broth. Bring to a rolling boil.
- Reduce heat and simmer for 25+ minutes (the longer the better). Stir regularly.
- Puree entire pot with immersion blender.
- Add corn, half and half, and simmer.
- Remove from heat.
- Season with salt and pepper to taste.
- Enjoy!



Meals in a Jar

End of Summer 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 Balsamic Dressing	Feta cheese
Georgia peaches (blanched and diced)	Mixed greens
Celery	Raw almonds
Radishes	

Use your favorite balsamic dressing
and enjoy!