



Meals in a Jar

Sweet Potato Pumpkin Soup

INGREDIENTS

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| 1 T olive oil | 1 T curry powder |
| 1 large onion (chopped) | 1 t tumeric |
| 2 cups sweet potato
(peeled and chopped) | 2 T fresh grated ginger |
| 3 cans pumpkin | 32oz vegetable broth |
| 2 cans coconut milk | salt and pepper to taste |

DIRECTIONS

- Heat oil in soup pot over medium heat.
 - Saute onions until softened.
 - Add sweet potatoes, pumpkin and spices.
 - Cook 5 minutes.
- Add vegetable broth and bring to a boil.
Reduce heat to simmer. Cook 30 minutes.
Add milk, puree with immersion blender, and enjoy!



Meals in a Jar

Wheatberry Salad

DIRECTIONS

In bowl, combine the following

Dressing

2 cups cooked wheatberries

2 ribs celery, diced

2 large carrots, peeled and diced

2 apples (I used Granny Smith and gala), chopped

1 small onion, diced

1/2 cup pumpkin and sunflower seeds

1 cup dried cranberries

Dressing: Combine 1/3 cup balsamic vinegar, 2/3 cup olive oil, the juice of one lemon, 3/4 t salt, & 1/4 t pepper. Mix well.