



# Meals in a Jar

Roasted Red Pepper & Cheese Tortellini Soup

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

4 red peppers (seeded and cut in half)	½ t dried thyme
2 T avocado oil (most any type of oil would work)	½ t cumin
1 medium onion (diced)	½ t crushed red pepper
1 carrots (peeled and chopped)	32oz vegetable broth
4 cloves garlic (minced)	½ cup whole milk
	12oz cheese tortellini
	Salt and pepper to taste

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

Preheat oven to 450 degrees  
Put peppers on parchment lined baking sheet, cut side down.  
Bake for 25 minutes.  
Let cool for 5ish minutes.  
While peppers are cooling, warm 2T oil in soup pot over medium heat.  
Add onion and carrots and cook stirring occasionally until the vegetables are tender about 5 minutes.  
While vegetables are cooking, peel skin off of peppers and set aside.  
Add garlic and cook until fragrant (30 seconds or so).  
Add peppers and vegetable broth.  
Bring to a boil.  
Add seasonings and simmer 15 minutes.  
Puree with immersion blender.  
Add milk.  
Add tortellini and cook until done (follow package instructions).  
Season with salt and pepper.  
Enjoy!



# Meals in a Jar

Caprese - ish 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 basil balsamic vinaigrette  
[3T olive oil, 5T balsamic, 1t mustard powder, 1t sugar, 3 cloves minced garlic, 2 heaping T dried basil – puree together with immersion blender]
- 10 grape tomatoes
- Grated mozzarella
- Fresh spinach
- A sprinkle of...
  - sunflower seeds
  - pepitos
  - dried cranberries

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