



Meals in a Jar

Broccoli Cheese Soup

I N G R E D I E N T S

1/4 cup butter	1 cup half and half
1 cup onion (diced)	1 cup 1% milk
1 cup carrots (diced)	32oz vegetable broth
3 cups broccoli (chopped)	1/4 cup flour
1 T salt	2 cups cheddar cheese
1 t black pepper	salt & black pepper to taste

D I R E C T I O N S

- Heat butter in soup pot over medium heat.
- Cook onion, carrots, and broccoli until softened (about 15 minutes). Add salt and pepper.
- Slowly add half and half, milk, and broth.
- Bring to a rolling boil and whisk in flour.
- Reduce heat and simmer for 20 minutes until vegetables reach desired tenderness.
- Add cheese and stir until melted.
- Season with salt and pepper to taste.
- Enjoy!

This recipe was inspired by Panera



Meals in a Jar

Spinach Apple 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 Tangy Dressing

Gala apples

Honeycrisp apples

Dried cranberries

Parmesan or Feta cheese

Spinach

Granola*

*Combine 1 cup rolled oats, 1/4 cup chopped almonds, 1/4 cup raw sunflower seeds, & 1/4 cup pepitos with 1 egg white, 1/4 t cinnamon, 1/4 t salt, 1 T honey, 3 T oil, pinch cayenne pepper. Bake 15-17 minutes at 350 degrees

Tangy Dressing combine the juice of 1 lemon, 1/4 cup light flavored olive oil, 1 T honey, 1 heaping T Dijon mustard, & a pinch of salt and pepper in a blender. Process until smooth.