



Meals in a Jar

Wild Rice Soup

I N G R E D I E N T S

8 cups vegetable broth	1/2 t turmeric
1/2 medium onion (chopped)	1 t dried parsley
3 sweet potatoes (peeled and chopped)	2 bay leaves
2 cloves garlic (minced)	1/4 t thyme
3 carrots (peeled and chopped)	1/2 t oregano
3 stalks celery (chopped)	1 T apple cider vinegar
1/2 t fresh minced ginger	1 t sea salt
	1/4 t black pepper
	1 cup wild rice

D I R E C T I O N S

- Combine all ingredients EXCEPT rice in slow cooker.
- Cook on low for 6 hours.
- Add wild rice and cook on high for one hour.
- Season with salt to taste and enjoy!



Meals in a Jar

Raspberry Rainbow 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 vinaigrette

Chopped red peppers

Chopped orange peppers

Chopped yellow peppers

Chopped carrots

Green onions

Spring greens

1 T toasted almonds

1 T feta cheese

Red raspberries

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