



Meals in a Jar

Moroccan Quinoa Stew

I N G R E D I E N T S

2 T olive oil	32oz vegetable broth
1 cup onion (diced)	1 T salt
1 cup carrots (diced)	1 T smoked paprika
2 cups butternut squash (peeled and chopped)	1 t curry
6 cloves garlic (minced)	1/4 t black pepper
1 28oz can crushed tomatoes	1/4 t cinnamon
2 cups water	1 15oz can garbanzo beans
	3/4 cup quinoa

D I R E C T I O N S

- Heat olive oil in soup pot over medium heat.
- Cook onion, carrots, and butternut squash until softened (about 10 minutes).
- Add garlic and seasonings. Cook until fragrant.
- Add tomatoes, water, and broth.
- Bring to a rolling boil.
- Add quinoa and garbanzo beans.
- Reduce heat and simmer for 15 minutes.
- Season with salt and pepper to taste.
- Add the juice of one lemon to brighten the flavor. Enjoy!

This recipe was inspired by Cookie and Kate



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Greek Salad

DIRECTIONS

In a large mason jar, layer the following
(from bottom to top)

2 T Greek Dressing
Cherry tomatoes
Carrots
Cucumbers
Black olives

Feta cheese
Romaine lettuce
Sunflower seeds*
Pepitos*
Dried cranberries*

*A mix from Costco

Greek Dressing combine the juice of 1 lemon, 4 cloves of garlic, 1/2 cup light flavored olive oil, 1/2 cup red wine vinegar, 1 T dried oregano, 1 t salt, 1 t sugar, & 1/2 t black pepper in a blender. Process and enjoy!