



Meals in a Jar

Easy & Delicious Black Bean Soup

I N G R E D I E N T S

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|--------------------------|--|
| 1 T olive oil | ½ t pepper |
| 1 medium onion (chopped) | 4 15oz cans organic black beans
(1 can drained) |
| 4 cloves garlic (minced) | 1 8oz can Rotel tomatoes |
| 1 ½ T chili powder | 1 15oz can organic diced
tomatoes |
| 1 T cumin | 3 cups vegetable stock |
| ½ t ancho chili powder | |
| 1 t salt | |

D I R E C T I O N S

- Heat olive oil in soup pot over medium heat.
- Sauté onion until softened (about 5 minutes).
- Add garlic and spices. Cook until fragrant (30-45 seconds).
- Add three cans beans, Rotel tomatoes, diced tomatoes, and vegetable broth. Bring to a rolling boil. Stir regularly.
- Reduce heat and simmer for 25+ minutes (the longer the better).
- Puree entire pot with immersion blender.
- Add reserved can of (drained) black beans.
- Remove from heat.
- Serve hot with plain Greek yogurt or sour cream, cheese, and green onion
- Enjoy!



Meals in a Jar

Mexican Chickpea Salad

D I R E C T I O N S

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

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|--------------------------|---------------------|
| 2 T balsamic vinaigrette | Green onions |
| Lime juice | Cotija cheese |
| Chickpeas | 1 T roasted cashews |
| Tomatoes | Chopped cilantro |
| Sweet peppers | Spinach |
| ½ avocado | Mixed spring greens |

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