



Love Soup Mix in a Jar



Dairy Free



Popular

READY IN



10 min.

SERVINGS



10

CALORIES



132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup barley
- ☐ 0.3 cup beef bouillon granules
- ☐ 0.3 cup onion dried minced
- ☐ 0.5 cup twist macaroni uncooked
- ☐ 0.5 cup peas dried split
- ☐ 1 cup tri-color spiral pasta uncooked
- ☐ 0.3 cup rice long-grain white

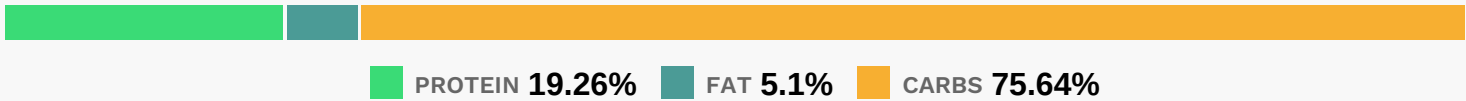
Equipment

- ☐ canning jar
- ☐ funnel

Directions

- ☐ Use a canning funnel or any funnel that has about a 2-inch neck. This will make it easier to fill the jar with the ingredients. Be sure to use a wide-mouth, 1-quart canning jar.
- ☐ Layer ingredients in the order given: bouillon, onion flakes, split peas, small shape pasta, barley, lentils, rice, and enough tricolor spiral pasta to fill jar.
- ☐ Attach tag with cooking instructions: In large kettle, brown 1 pound ground beef or stew beef cut into bite-size pieces in a little olive oil.
- ☐ Remove tricolor pasta from top of jar and reserve.
- ☐ Add the rest of the jar contents to the kettle with 12 cups water.
- ☐ Let come to a boil and simmer 45 minutes.
- ☐ Add tricolor pasta and simmer 15 minutes more.
- ☐ Serve with your favorite bread or rolls and a tossed salad.

Nutrition Facts



Properties

Glycemic Index:13.92, Glycemic Load:5.7, Inflammation Score:-2, Nutrition Score:6.0400000421897%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg

Nutrients (% of daily need)

Calories: 132.41kcal (6.62%), Fat: 0.75g (1.16%), Saturated Fat: 0.24g (1.49%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 21.22g (7.71%), Sugar: 2.8g (3.11%), Cholesterol: 0.32mg (0.11%), Sodium: 1896.01mg (82.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Manganese: 0.45mg (22.33%), Selenium: 12.18µg (17.4%), Fiber: 3.88g (15.51%), Phosphorus: 98.54mg (9.85%), Vitamin B1: 0.14mg (9.23%), Folate: 35.23µg (8.81%), Copper: 0.16mg (8.01%), Magnesium: 30.18mg (7.55%), Potassium: 204.09mg (5.83%), Iron: 1mg (5.53%), Vitamin B3: 1.06mg (5.3%), Vitamin B6: 0.1mg (4.8%), Zinc: 0.69mg (4.62%), Vitamin B2: 0.06mg (3.79%), Vitamin B5: 0.34mg (3.4%), Calcium: 19.35mg (1.94%), Vitamin K: 1.6µg (1.52%), Vitamin C: 1.23mg (1.49%), Vitamin B12: 0.08µg (1.31%)