

Recipe



Bean Soup Mix

CDKitchen <http://www.cditchen.com>

Category: Bean Soup

Serves/Makes: 8 | **Difficulty Level:** 3 | **Ready In:** 30-60 minutes

Ingredients:

2 cups instant minced onion
1/4 cup dried crushed basil leaves
4 teaspoons ground black pepper
2 teaspoons cumin powder
2 teaspoons garlic powder
1 teaspoon ground ginger
4 bay leaves
6 cups dried small red beans
2 2/3 cups dried lentils
1 1/3 cup dried white navy beans
1 1/3 cup dried yellow split peas
4 cups uncooked brown rice

Directions:

Toast minced onion in nonstick skillet, stirring constantly over med low heat. Remove onion from skillet and cool. In each of 4 one quart jars, place the following; 1/2 cup red beans, 1/3 cup lentils, 1/3 cup split peas, 1/2 cup red beans, 1/3 cup lentils, 1/3 cup navy beans and 1/2 cup red beans. In each of 4 zip top plastic sandwich bags place the following; 1/2 cup toasted onion, 1 Tbsp basil, 1 tsp black pepper, 1/2 tsp cumin powder, 1/2 tsp garlic powder, 1/4 tsp ground ginger and 1 bay leaf. Place spice filled sandwich bags on tops of each jar and cover with jar lids. Place 1 cup rice in each of 4 zipper style plastic storage bags. Include the following directions with each gift; Remove spice bag from one jar of beans. Wash beans and combine with 9 cups water in Dutch oven. Bring to a boil and boil 5 minutes. Remove from heat and let stand 10 minutes. Drain.

Return beans to saucepan and add rice, 12 cups chicken broth and spice bag contents. Bring to a boil. Cover, reduce heat and simmer 1 hour or until beans and rice are tender.