

# Friendship Soup Mix

I have many requests each week asking about recipes which can be stored for long periods of time. This recipe is not only safe to store for extended periods of time, but is also safe for those on diabetic and restricted diets. Truthfully, I do not have even one jar of this in my pantry, because I use it to give as gifts when the occasion merits. To give this as a gift, simply cut a 9 inch circle of cloth and place it over the lid of your filled jar. Secure cloth with a rubber band, and decorate by tying a ribbon of cloth, yarn or raffia over the rubber band, and adding any other decorative touches you wish. Attach a card with the additional ingredient list & directions for making the soup, and you are finished! If you plan to store jars of this soup mix for extended periods of time, be sure you are storing them in a cool, dry place where the jars are protected from extended exposure to sun. Enjoy!

## Friendship Soup Mix in a Jar

Recipe By : Real Food for Real People  
Serving Size : 16 Preparation Time :0:00  
Categories : Diabetic Main Dishes



Amount	Measure	Ingredient	Preparation Method
1/2	Cup	Dry Split Peas	
1/3	Cup	Beef Bouillon	-- low sodium
1/4	Cup	Pearl Barley	
1/2	Cup	Dry Lentils	
1/4	Cup	Dried Minced Onion	
2	Teaspoons	Italian Seasoning	
1/2	Cup	Uncooked Long Grain Rice	-- brown
1/2	Cup	Alphabet Macaroni	

### Additional Ingredients:

1	Pound	Lean Ground Beef
3	Quarts	Water
1	Can	Diced Tomatoes -- (28 Ounces) Undrained

In a 1-1/2-pint or 1 quart jar, layer the first eight ingredients in the order listed. Seal tightly. (If ingredients do not come right up to the top of the jar, you can place a crumpled piece of plastic wrap on top of the last layer to keep layers from shifting, or place macaroni inside a baggie & place on top of other ingredients.)

Yield: 1 batch. Store in a cool, dry place until ready to use.

To give as a gift, decorate jar as desired and attach the following directions:

To prepare soup, carefully remove macaroni from top of jar and set aside. In a large saucepan or Dutch oven, brown beef and drain. Add water, tomatoes and soup mix, then bring to a boil. Reduce heat and cover. Simmer for 45 minutes. Add the reserved macaroni and cover. Simmer for 15-20 minutes or until macaroni, peas, lentils and barley are tender.

One 1-cup serving contains: 165 calories, 106 mg sodium, 19 mg cholesterol, 21 gm carbohydrate, 12 gm protein, 4 gm fat