

# SOUP KIT

Description:	Restrictions:
<p>Assemble a soup kit that contains all of the ingredients needed to make a hearty bean and barley soup for 4-6 people.</p>	<ul style="list-style-type: none"> <li>• Space that allows open food</li> <li>• Space for assembly line</li> </ul>
Materials:	
<ul style="list-style-type: none"> <li>• ½ cup green split peas</li> <li>• ½ cup barley</li> <li>• 1 cup red beans</li> <li>• ½ cup lentils</li> <li>• 1/3 cup beef bouillon</li> <li>• ¼ cup dried chopped/minced onion</li> <li>• 2 tablespoons Italian seasoning</li> </ul>	<ul style="list-style-type: none"> <li>• 2 tablespoons tomato powder</li> <li>• 1 jar or container</li> <li>• Measuring cups/spoons</li> <li>• Recipe Card (see below or download from <a href="http://jvcbaltimore.org/livewithpurpose">jvcbaltimore.org/livewithpurpose</a>)</li> <li>• Decorative card or label (optional)</li> </ul>
Instructions:	
<ol style="list-style-type: none"> <li>1. Fill the container with each ingredient above.</li> <li>2. Create or download the <b>Bean and Barley Soup</b> recipe card.</li> </ol> <p><b>Cooking Instructions:</b></p> <ul style="list-style-type: none"> <li>• In a large pot, combine contents of soup mix and 12 cups of water.</li> <li>• Although not necessary, you may add any of these ingredients: 2 ribs of sliced celery, 2 carrots, 1 can diced tomatoes, or 1 pound ground meat.</li> </ul>	<ul style="list-style-type: none"> <li>• Bring to a boil, then reduce heat, cover, and simmer for 1-1.5 hours or until beans have reached desired consistency.</li> <li>• Eat and Enjoy!</li> </ul> <ol style="list-style-type: none"> <li>3. Consider adding a decorative tag or label with a supportive, friendly message like “have a great day” and “enjoy your meal.”</li> </ol>