Mason Jar Soup – Master Recipe

Start with clean 16 oz. jar. Add in following order (you do not have to include every layer):

1. **Flavor Base:**
   Red Curry Paste, Pesto, Tomato Paste, Peanut Sauce, Miso Paste -- (1 Tablespoon)
   Marinara Sauce, Diced tomatoes -- (¼ cup)

2. **Grain/Starch/Noodle: (¼ to ½ cup)**
   Zucchini or other vegetable noodles (raw)
   Rice or Soba noodle, Brown Rice, Pasta, Potatoes (cooked al dente)

3. **Protein: (¼ to ½ cup)**
   Cooked diced chicken, firm cubed tofu, cooked beans/legumes, quartered hard-boiled eggs

4. **Vegetables: (¼ to ½ cup)**
   Sliced mushrooms, shredded cabbage, baby spinach leaves, chopped bell pepper (raw)
   Broccoli, corn, green beans, peas, carrots (cooked al dente)

5. **Flavor Boosters:**
   Fresh herbs (1-2 tablespoons chopped): cilantro, parsley, basil, thyme, chives/scallions
   Citrus (1-2 tablespoons juice or 1 teaspoon zest): lemon, lime
   Dry spices/herbs (1-2 t.): oregano, basil, Italian blend, cumin, chili powder, turmeric
   Other (1-3 teaspoons): Siracha/hot sauce, Soy sauce/Liquid aminos/Tamari, Sesame Oil

Tightly seal jar and refrigerate until ready to eat. Use a marker or masking tape label to label jar so you know what is in it!

To prepare, fill jar (leaving at least 1-2 inches headspace) with boiling water, cover and let steep about 5 minutes. Stir everything together making sure the flavor base is thoroughly incorporated. Eat directly out of jar or pour into a bowl and enjoy!

Soup jars can be made and stored 3-5 days in advance, depending on type and age of ingredients used.

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