

Healthy Living at Hannaford

Do-It-Yourself Healthy Holiday Gifts

Gifts from a jar are easy to make, inexpensive, and fun to receive! All you need is a canning jar or even a recycled glass jar. Layer it with ingredients and decorate it with a bit of fabric, ribbon, and a gift/recipe tag, and voila! You can even combine a few jars for an awesome gift basket. Here are a few suggestions:

Minestrone Soup in a Jar

This recipe makes about 12 one-cup servings. Layer ingredients in a 1/2-quart (2 cup) glass jar in the order listed below:

1/4 cup red lentils
1/4 cup green split peas
1/4 cup barley
1/3 cup reduced-sodium beef bouillon powder
2 Tbsp. parsley flakes
3 Tbsp. onion flakes
1/3 tsp. thyme
1/3 tsp. pepper
1 tsp. basil
1/4 cup whole-wheat macaroni





Interested in learning more?

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Taco-Bean Chili Mix

1/2 cup dried kidney beans 1/2 cup dried pinto beans 1/2 cup dried black beans 1 package (11/4 oz.) taco seasoning mix (low sodium if possible) 1 Tbsp. dried minced onion 1/2 tsp. chili powder 1/4 tsp. ground cumin 11/2 cups tortilla chips, slightly crushed

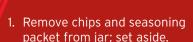
Layer kidney beans, pinto beans and black beans in a 1-quart jar with tight-fitting lid. Place taco seasoning mix, onion, chili powder and cumin in a small food storage bag. Close with twist tie and cut off top of bag. Place in jar, spreading out to cover beans. Add tortilla chips. Seal jar.

Taco-Bean Chili Mix

1 jar taco-bean chili mix 4 cups water 1 can (14 oz.) diced tomatoes with green chiles, undrained 1 can (8 oz.) tomato sauce 1 pound lean ground beef or ground turkey, browned, rinsed and drained Shredded low-fat cheese, chopped lettuce, sliced black olives (optional)

SIDE 1





- 2. Place beans in large bowl; cover with water. Soak 6 to 8 hours overnight. Drain beans; discard water.
- 3. Place soaked beans, water, tomatoes with juice, tomato sauce, ground meat and contents of seasoning packet in large pot. Bring to a boil over high heat. Cover; reduce heat and simmer 11/2 to 2 hours or until beans are tender.
- 4. Crush tortilla chips. Stir into chili and cook 5 to 10 minutes to thicken. Serve with cheese, lettuce and olives, if desired Makes 6 to 8 servings.

SIDE 2 3





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