



KEY

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- — — — — fold on the line
- ○ ○ ○ ○ use hole punch to cut out holes

## SIX-BEAN SOUP MIX

### COOKING INSTRUCTIONS:

- Rinse and drain beans.
- Combine all ingredients except for the tomatoes in a 4-quart pot with enough water to cover the beans.
- Bring to a boil, cover and then simmer on low for 3-4 hours until beans are tender. Add tomatoes during the last hour of cooking.
- Add water as needed so that beans are well covered.

**GLUTEN FREE • VEGAN**

## INGREDIENTS:

### JAR CONTENTS:

Adzuki beans, green and yellow split peas, navy beans, black beans, kidney beans

### SPICE PACKET:

Salt, parsley, onion powder, garlic powder

### ADDITIONAL INGREDIENTS:

7 c. water  
1 clove garlic, minced  
1 (28 oz. can) crushed tomatoes with puree  
Spices to taste  
Extra vegetables of your choice

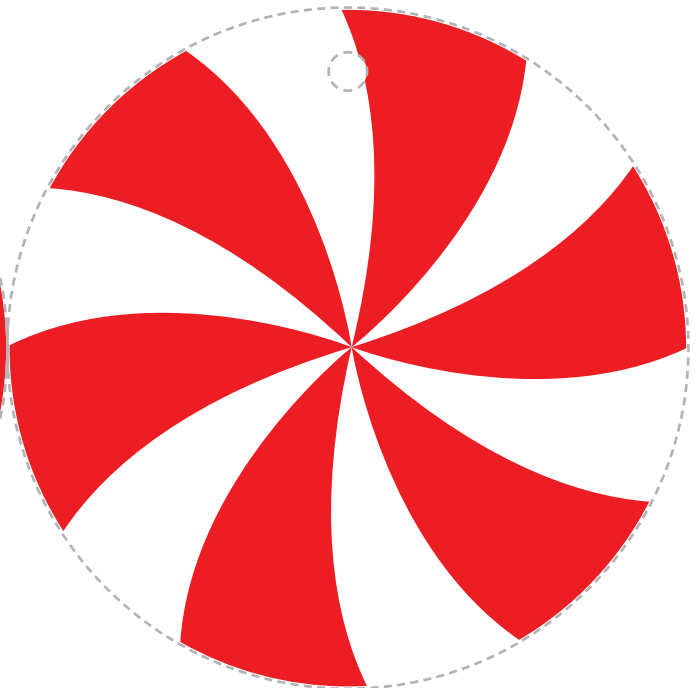
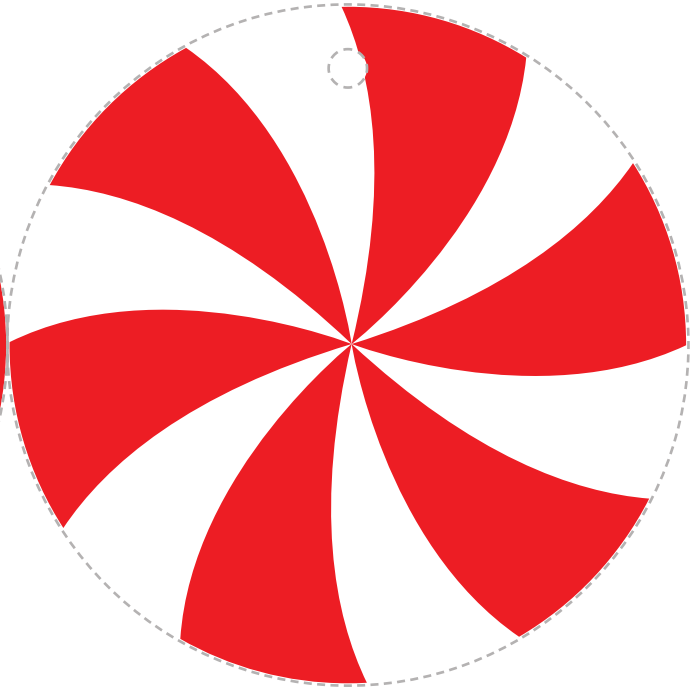
**FROM MY KITCHEN TO YOURS:**

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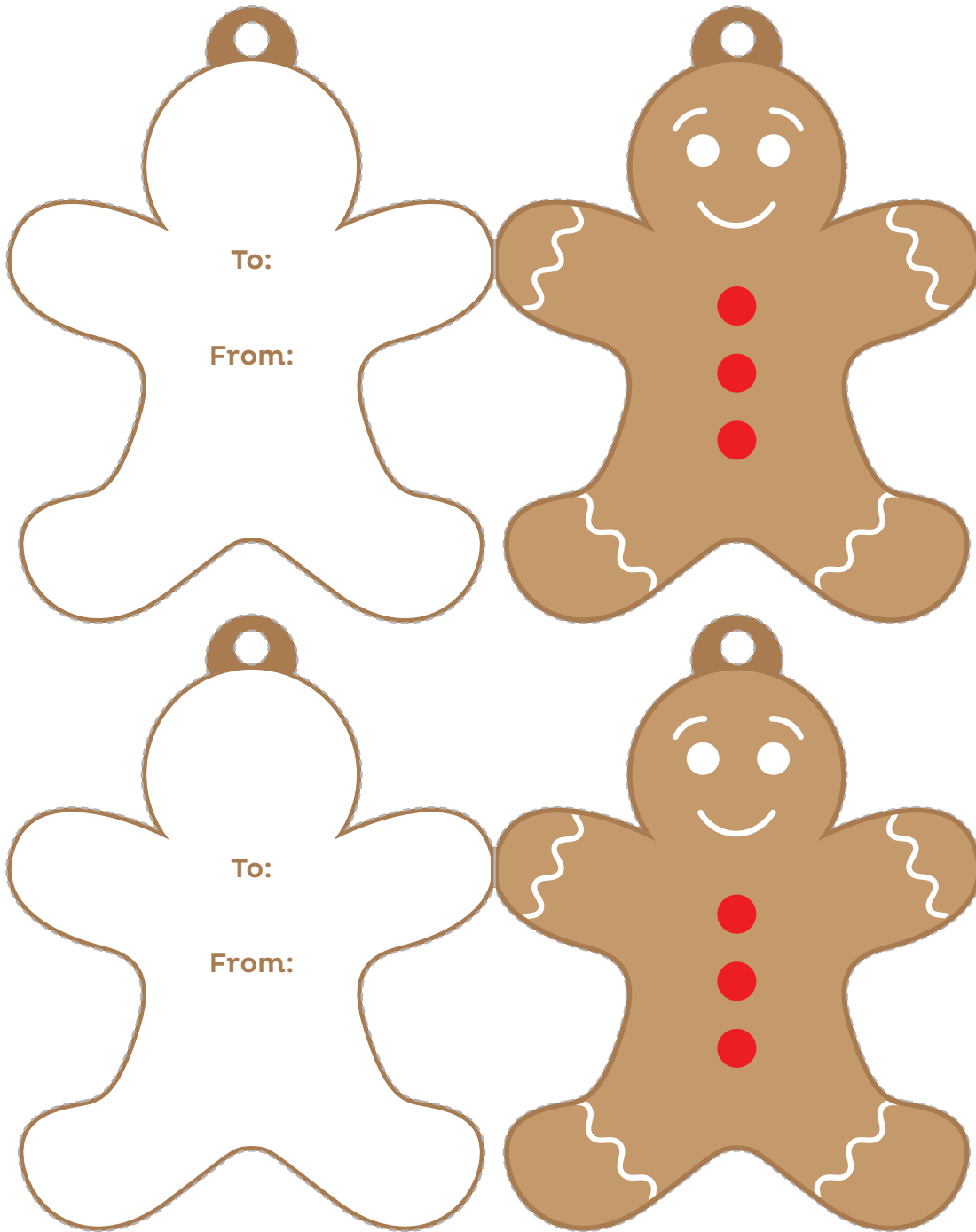
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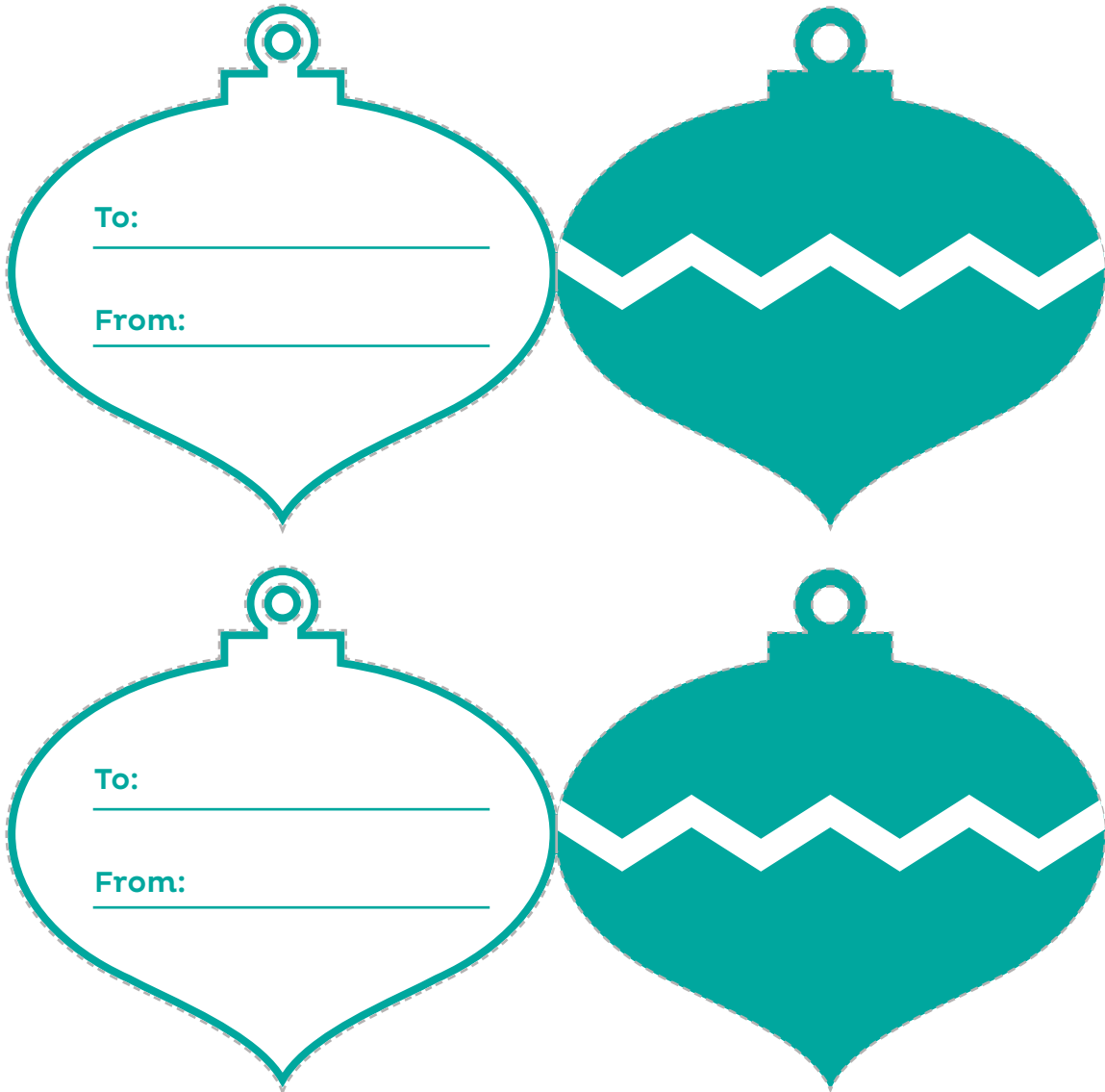
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