

OUR FAVORITE 'NO-CHEW/EASY CHEW' RECIPES

Shared by Hannah's Mom

For my beautiful daughter Hannah and the two good men who helped her so much, Dr. Mark Peppard and Dr. Dale Gallagher

General instructions: Cut everything into very tiny pieces and cook until veggies are very soft. It takes a lot of effort to eat without using your teeth or stressing your jaw. Hannah didn't want pureed food; you might like it. Don't be afraid to experiment with ingredients according to your family's preferences and taste buds. Some of our favorite soups were discovered that way. 😊

Easy Chicken Tortilla Soup

Combine:

- 1 red beans and rice package (Zatarra's, Mahatma, etc.) with water amount called for on package
- 1-2 boneless skinless chicken breasts (or the equivalent in pre-cooked chicken or canned chicken, approximately 3 cps)
- 2 additional cups of water

I cook the chicken in the same pot with the rice mix while the rice mix is cooking. When the chicken is cooked through, remove and chop into small bites. Return diced chicken to pot.

Add:

- 2-14.5 oz. cans of petite diced tomatoes
- 2 tsp. chili powder (or to suite personal taste.)

Let simmer until ready to eat. Add additional water if soup is too thick. Serve with shredded Monterey jack cheese and crushed tortilla chips, corn chips or crackers, if desired.

Sometimes I adjust this recipe so there will be plenty of leftovers by using the larger mix with additional tomatoes. Or sometimes by adding additional tomatoes, ½ cp. long-grain rice with additional cp. water, and a can of red beans. Without these additions, it serves 6.

Minestrone

Can be cooked on the stove or on low 4-6 hrs in crockpot. Brown in Dutch oven:

- 1 lb pork or beef sausage, cut in bite-size pieces—
- Stir in 1 chopped onion—stir until lightly browned

Add the following:

- 4 cups water
- 4 tsp beef base (or equivalent bouillon cubes or beef broth)
- 1 – 14 oz can of petite diced tomatoes
- 1 cup finely chopped carrots
- 1 stalk celery, diced
- 1 can each: garbanzo beans, northern beans, red kidney beans
- ½ cup lentils
- 2 cups dry pasta

Split Pea & Sausage Soup

- 1 lb smoked sausage, cut in bite-size pieces
- 1 lb dry split peas
- 6 cups water
- 1 cup finely sliced carrots
- 1 cup chopped onion
- 1 cup chopped celery
- 1 Tbs parsley flakes
- 1 tsp salt
- ½ tsp coarse black pepper
- 2 bay leaves

Place all ingredients in Dutch oven. Bring to a boil. Reduce heat; cover and simmer for 75-90 minutes or until peas are tender. Remove bay leaves.

Meatball Mushroom Soup

Combine in large saucepan:

- 2 cans condensed cream of mushroom soup, undiluted
- 1 + 1/3 cups milk
- 1 + 1/3 cups water
- 1 tsp. Italian seasoning
- 1 tsp. dried minced onion
- ½ tsp. dried minced garlic
- ¼ cup quick-cooking barley
- ½ cup uncooked elbow macaroni
- ¼ cup uncooked long grain rice
- 1 medium carrot shredded
- 4 ½ oz. can sliced mushrooms

While soup simmers, shape ½ lb ground beef into small meatballs and cook in non-stick skillet over medium heat until no longer pink. Use a slotted spoon to transfer meatballs to soup. Simmer until veggies, rice, & barley are tender. Top with grated Parmesan cheese.

Chicken Enchilada Soup

I created this soup based on the Easy Chicken Enchilada recipe. It was inspired by chicken enchilada soup at a favorite restaurant.

In soup pot or crockpot, combine:

- 2 cans cream of chicken soup (or double my cream soup substitute)
- 1 10-oz can mild red enchilada sauce
- 1 6-oz can chopped green chilies
- ½ cup finely chopped onion
- 1 cup finely sliced carrots(*Continued on next page*)

- 4 cups water & chicken base or bouillon or 2 cans chicken broth
- 1 – 2 large chicken breast or 2-3 cans chicken

If not using canned chicken, cut chicken into small bites when cooked & return to pot. Cook on stove until veggies are tender or in crockpot for 6-8 hours on low.

Add:

- 1 can drained & rinsed black beans
- 1 can petit diced tomatoes

Cut into small pieces one 8-oz brick of fat-free cream cheese. Add to soup & stir until melted & blended. Serve with shredded cheese & corn chips.

Creamy Tortellini Soup

Melt ¼ c. margarine. Stir in ¼ cup flour. Heat & gradually whisk in 2 c. milk.

Add:

- 4 cups water
- 1 c. chopped celery
- ½ c. chopped onion
- 3 cloves garlic or equivalent jarred minced garlic
- ½ tsp. dried basil
- ¼ tsp salt
- ¼ tsp oregano
- 1/8 tsp black pepper, if desired

Cover and cook on medium heat until veggies are tender. Stir in 1 10-oz pkg fresh tortellini. Stir in 1 can evaporated milk and 6 cups fresh baby spinach or the equivalent of frozen chopped spinach. Top with fresh grated Parmesan.

Sausage and Sweet Potato Soup

Brown together:

- ½ lb light pork sausage
- ½ lb gr. beef
- ½ med. onion
- 2 tsp. minced garlic
- 1 stalk celery chopped

Add:

- 3 cups chicken broth
- 6 med. white potatoes chopped
- 1 large sweet potato chopped
- 1 tsp oregano

When potatoes are done add 1 can fat free evaporated milk and heat through.

Mom's Chili

Brown 1 lb lean ground beef and one large chopped onion.

Add:

- 2 cans ranch-style beans
- 2 cans petit diced tomatoes
- 1 can fat-free refried beans
- Chili powder to taste

Mom's Italian Chili

Brown together:

- ½ lb lean breakfast type sausage
- ½ lb lean ground beef
- ¼ large chopped onion
- 1 stalk celery, chopped

Add:

- 1 can pork 'n' beans
- 1 can garbanzo beans
- 2 cans navy beans
- 2 cans Italian style petite diced tomatoes

Chunky Italian Potato-Tomato Soup

Melt large saucepan 2 tablespoons butter or margarine over medium heat and cook 2 onions, chopped, until tender.

Add:

- 4 cups peeled, cubed potatoes
- 1 1/2 cups chopped celery
- 1 1/2 cups chopped carrots
- 2 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 2 cups milk

Whisk together and gradually stir in:

- 1 tablespoon cornstarch
- 1 1/4 cups chicken broth

Bring to boil and add:

- 1 (14.5 ounce) can tomatoes
- 2 tablespoons tomato paste
- salt and pepper to taste

Simmer until veggies are tender and soup has thickened slightly.

Sausage Potato Soup

- ½ lb Kielbasa sausage, sliced
- 6 medium potatoes, peeled and cubed
- 2 cups frozen corn (or one can, drained)
- 1 ½ cup chicken broth
- 1 celery rib, sliced
- 1 tsp. parsley flakes
- ¼ cup sliced carrots
- ½ tsp. garlic powder
- ½ tsp onion powder
- ½ tsp. salt
- ¼ tsp. pepper

Combine in soup pot. Bring to boil. Reduce & simmer until veggies are tender. Add 1 ½ cps. milk. Heat through and serve with shredded cheese on top.

Chunky cheese soup

This one is worth the extra effort!!

Combine in large soup pot:

- 2 cups of water or broth
- 3 cups diced peeled potatoes
- 1 cup thinly sliced carrots
- 1 cup sliced celery
- ½ cup chopped onion
- 1 ½ tsp. salt
- ¼ tsp. pepper

Simmer until veggies are tender. In a large skillet or saucepan, melt ¼ cup butter or margarine. Stir in ¼ cp. flour or cornstarch. Stir until smooth over medium heat. Gradually add 2 cups of milk and stir until thickened. Stir in 2 cups shredded cheddar cheese and 1 8-oz block of fat-free cream cheese (cut in chunks). Stir until smooth. Pour into pot of veggies and stir until combined. I like it just like this or with a sprinkle of Hormel real bacon on top. You may also stir in 1 cup of cooked ham, tuna, salmon, ground beef (cooked), or pork sausage for variations.

Tomato-Basil Bisque

In a large saucepan, cook in 1 Tbs butter:

- 1 cup chopped celery
- ¾ cup thinly sliced carrots
- ¼ cup chopped onion
- 1Tbs. minced fresh garlic (*Continued on next page*)

Add the following, bring to boiling, reduce heat, and simmer, uncovered about 30 minutes or until slightly thickened:

- 3 cups tomato juice
- 1 cup chicken broth
- 1-7 ½ oz can petit diced tomatoes
- ½ of a 6 oz can tomato paste
- 1 tsp dried basil
- ½ tsp dried oregano
- ½ tsp pepper

Add 1 cup whipping cream, 4 oz. cream cheese, and 4 tsp sugar. Heat through. Garnish with fresh basil or basil pesto. If desired, you can puree ½ the soup in a blender until smooth.

Mema's Breakfast Casserole

Beat 10 eggs until fluffy.

Add:

- 5 cups frozen shredded hashbrowns
- 1 ½ cups shredded Swiss cheese
- 1 ½ cups Velveeta cut in small chunks
- 1 c. cottage cheese
- 2/3 c. skim milk
- 2 tsp. dry chives
- 2 tsp. salt

Bake in greased 9 x 13 pan at 325 or until set. This can be stirred up the day before and kept in fridge.

Blueberry Muffins

Mix together:

- 1 ¾ all-purpose flour
- ¼ c. sugar
- 2 ½ tsp. baking powder
- ¾ tsp. salt

Combine and add all at once:

- ¾ c. milk
- 1 beaten egg
- 1/3 cup cooking oil
- ¼ tsp lemon flavoring

Blend just enough to moisten. Fill greased muffin tins 2/3 full. Bake at 400 for 25 minutes. While muffins are still warm, dip tops of muffins in melted margarine and roll in white sugar. (About 3 Tbs. each)

Oatmeal Breakfast Cookie (Gluten Free)

Stir together:

- 1 Tbs Canola oil
- ½ cup unsweetened applesauce
- 1 cup brown sugar
- 2 eggs
- 1 cup peanut butter
- 1 tsp vanilla flavoring

Add:

- 3 cups rolled oats (I use GF)
- 3 tsp baking powder
- 1 tsp cinnamon
- 2/3 cup baking mix (I use Bob Mill's GF)

Add: ½ cup skim milk

Stir in: 1 cup chocolate chips

Bake at 350 for 45 minutes.

Fruit Smoothies

I really like this recipe for its flexibility. And unlike so many smoothie recipes, banana is not a necessary ingredient.

- ½ cup milk (I use skim)
- ½ cup fruit juice
- ½ cup vanilla yogurt
- 1 ½-2 cups fruit
- Cinnamon, if desired

We like cranberry grape juice with any combination of strawberries, cherries, blueberries, raspberries, and cranberries. Another favorite is orange juice with peaches and cranberries. I keep the fruit frozen and also freeze the yogurt in old ice cube trays (each cube is approximately 2 Tbs.) Using frozen fruit & yogurt makes for a very thick creamy smoothie.

Grandma's Easy Tater Tot Pie

Combine 2 lbs ground raw with one package dry onion soup mix and 2 cans cream of mushroom. Top with single layer of tater tots and sprinkle with seasoned salt. Bake at 375 40-50 minutes or until meat is no longer pink in the middle.

Easy Chicken Enchiladas

Mix together:

- 3 large cans of chicken
- 1 8-oz package cream cheese (I use the fat free)
- 1 can cream of chicken soup*
- 1 6-oz can chopped green chilies
- 2 Tb finely chopped yellow onion

Pour a very small amount of 10-oz can of enchilada sauce (I like mild red or green) on bottom of greased casserole dish. Place 2 Tb of chicken mixture in flour** tortilla (about 20 tortillas), roll and place seam side down in dish. Continue until all the chicken is used. Pour remaining enchilada sauce on top of enchiladas. Top with 2 cups shredded Monterey cheese & 2 cups cheddar cheese. Bake at 300 degrees for 30 minutes or until heated through.

***I substitute GF corn tortillas for flour now. Corn tortillas don't roll so well and I discovered a time-saving alternative. Pour a small amount of sauce in large casserole, and then overlap 6 corn tortillas on top. Spread about ½ the chicken mixture over the tortillas, lay another layer of tortillas, then the rest of chicken, another layer of tortillas (total of 18) and top with the sauce and cheese. Bake as directed above & cut in squares to serve.*

*Gluten Free Cream Soup Substitute

Since going gluten free I've found a very easy, healthy, and inexpensive alternative to cream soup which is used in so many casseroles, etc.

Mix together 1 cup cold milk (I use skim) with 3 Tb rice flour or 2 Tb cornstarch. Heat 1 minute in microwave, stir & heat 1 more minute or until thick. Don't let it boil over. I usually stop here, but you can add a Tb. margarine or olive oil, salt, bouillon, chopped mushrooms or chicken or celery or whatever to more closely mimic the soup you are replacing.

Mom's Chicken & Noodles

Place one lb boneless, skinless chicken breasts 1 rib celery, ½ cup chopped onion, and 1 cup thinly sliced carrots, in large pot with enough water to cover and bring to a boil, reduce heat, cover & simmer until done. While bringing to a boil, add 1 Tbs. dried parsley flakes, 1 tsp salt, pepper to taste. While this is cooking: combine 1 cup all-purpose flour, 1 egg, 1 tsp salt and 2 Tbs. milk. Roll out very thinly on pastry sheet, waxed paper or counter, using flour to keep from sticking. Slice in ¼ inch strips and let dry for at least 1 hour, more if possible. Remove chicken and shred or dice. Bring pot back up to boiling. Add noodles one at a time, while stirring to keep from sticking. Return chicken to pot. Simmer until noodles are down—about 10-12 minutes. Delicious served over mashed potatoes.

Dulie's Beef & Noodles

Cook a trimmed beef brisket in water with 1 tsp. salt until meat is tender. Chop meat in small bites and add homemade noodle recipe (see Chicken & Noodles above). Serve over mashed potatoes.

Mom's Chicken & Dumplings

Place one lb boneless, skinless chicken breasts 1 rib celery, ½ cup chopped onion, and 1 cup thinly sliced carrots, in large pot with enough water to cover and bring to a boil, reduce heat, cover & simmer until done. While bringing to a boil, add 1 Tbs. dried parsley flakes, 1 tsp salt, pepper to taste. Remove chicken & cut in small bites. Bring back to boiling and drop homemade dumplings on top. Reduce heat, cover tightly and simmer for 12-15 minutes. Delicious served over mashed potatoes.

Dumplings:

- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ tsp salt
- ½ cup milk

Swiss-Ham Ring-Around Pillsbury Bake-Off Past Winner

Cook & drain 1 box frozen broccoli

In large bowl, combine and blend well:

- 2 tsp. parsley flakes
- 2 Tbs finely chopped onion
- 2 Tbs. prepared mustard
- 1 Tbs. soft margarine
- 1 tsp. lemon juice

Add:

- ¾ cup shredded Swiss cheese
- Broccoli
- 1 can chunky ham or 1 cup diced ham

On greased cookie sheet, arrange triangles, points toward the outside, in a circle with the bases overlapping. The center opening should be about 3 inches in diameter. Spoon ham filling in a ring evenly over bases of triangles. Fold points of triangles over filling and tuck under bases of triangles at center of circle. Sprinkle with parmesan cheese. Bake at 350 for 25-30 minute or until golden brown.

Twice-Baked Potatoes or Potato Casserole

This is more an idea than a recipe because I don't measure and I vary the ingredients depending on my mood and what I have on hand. Bake 8-10 potatoes in the oven. Scrub, prick with fork or knife & cook about 1 hr at 350 or so. Slice potatoes in half lengthwise & scoop out potato into mixer. Mix at med. speed & add to taste: margarine, cream cheese and/or sour cream, finely shredded cheddar or Monterey jack cheese, ranch dressing, or instead of ranch use season salt or salt and pepper, garlic salt and/or chives and parsley flakes. Spoon back into potato skins and top with more cheese or spoon into greased casserole and top with more cheese and sliced kielbasa. Heat in oven at 350 for 20 minutes or until heated through.

Macaroni & Cheese

Cook 1 lb. macaroni according to pkg directions.

Meanwhile combine:

- 2 Tbs cornstarch
- 2 cups skim milk

Microwave 1 minute at a time, stirring each time, until thickened.

Stir in until melted:

- 16 oz. reduced-fat Velveeta
- ½ cup shredded sharp cheddar cheese

Drain macaroni and stir into cheese sauce.

Potatoes with Lemon-Chive Butter

16 small red potatoes (about 1 ¾ lbs) Cut potatoes in ½ and boil in enough water to cover. Drain potatoes, return to saucepan.

Add the following and gently toss until potatoes are well coated:

- 3 Tbs butter or margarine
- 2 Tbs chopped chives
- 1 Tbs lemon juice
- Salt to taste

Broccoli Casserole

Combine and heat in microwave until margarine is melted:

- ¼ c (½ stick) margarine
- ¼ c skim milk
- 1 can cream of celery

Place 1 1-lb bag frozen chopped broccoli and one can sliced water chestnuts, drained, in greased casserole dish. Pour soup mixture on top. Bake at 350 for 45 minutes. Stir and topped with seasoned Italian bread crumbs. Bake an additional 15 minutes. Delicious served with white rice & grilled chicken.

Creamed Spinach

Make a cream sauce in skillet:

- 3 Tbs butter or margarine
- 4 Tbs flour
- 1 cup milk
-

Sautee 2 Tbs. minced onion until tender, in 1 Tbs. butter or margarine

Add and cook until tender:

- 2 Tbs. water
- 16-20 oz. frozen chopped

Stir in white sauce, 4 oz sour cream or cream cheese, and ¼ cup shredded Parmesan or Romano cheese. Salt to taste. Serve hot.

Mom's Guacamole

To one ripe avocado add: 1 Tbs finely chopped red or yellow onion, ½ chopped Roma tomato; garlic salt and lemon juice to taste. I think use approximately ¼ tsp garlic salt and 1 tsp lemon juice. Serve with tortilla or corn chips. *Hannah says you can eat this with a spoon if you can't eat chips yet.*

All-Bran Muffins

Combine dry ingredients:

- 1 cup all-purpose flour
- 1 cup all-bran
- 4 tsp baking powder
- ½ tsp. salt

Combine wet ingredients separately:

- 2 Tbs honey
- ½ tsp cinnamon
- 3 Tbs melted margarine
- 1 egg, beaten
- 1 cup skim milk

Add wet to dry and stir just enough to moisten. Fill muffin tins or paper baking cups 2/3 full. Bake at 425 for 15 minutes.

Apple Crisp

Slice 4 med. Cooking apples (about 4 cups) and spread in bottom of greased 8 x8 pan.

Stir together:

¾ cup brown sugar

½ cup flour

½ cup quick cooking oats

¾ tsp cinnamon

¾ tsp nutmeg

Cut in 1/3 cup soften margarine or butter. Sprinkle over apples and bake 30 minutes at 375 or until apples are tender when pierced.

Mocha Freeze

Freeze leftover coffee in cubes. I keep them in a Ziploc in my freezer.

Combine in blender and blend until well-blended:

- 2 cups coffee cubes
- 1 c. low-fat vanilla ice cream
- ½ c. skim milk
- 1 Tbs instant chocolate pudding mix (dry)
- ¼ tsp vanilla and/or cinnamon, if desired.

Pour into glasses and top with Cool Whip and/or cinnamon, if desired.

The following are recipes we haven't tried yet, but they sound good to me.

Stuffed Pepper Soup

In a large saucepan, cook until tender:

- 1 lb lean ground beef
- 1 large onion, chopped (1 cp)
- 1 each medium red, orange, and green sweet peppers, chopped
- 2 cloves minced garlic

Transfer to crockpot and add:

- 4 cups beef broth
- 2 cups water
- ½ tsp black pepper
- ½ tsp chili powder
- ½ tsp paprika (*Continued on next page*)

Cover and cook on low heat setting for 8-10 hrs or on high-heat setting for 4-5 hrs. Stir in $\frac{3}{4}$ cup uncooked instant brown rice, cover and cook for 30 minutes more or until rice is done. Sprinkle with shredded Colby Jack cheese.

Savory Bean Spinach Soup

Combine in slow cooker and cook 5-7 hrs on low or 2 $\frac{1}{2}$ -3 $\frac{1}{2}$ hrs on high heat:

- 3 14-oz cans vegetable broth
- 1 15-oz can tomato puree
- 1 15-oz can white or Great Northern beans, rinsed and drained
- $\frac{1}{2}$ cup converted rice
- $\frac{1}{2}$ cup finely chopped onion
- 2 cloves minced garlic
- 1 tsp dried basil
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp black pepper

Add 8 cups coarsely chopped fresh spinach or kale leaves. Serve with Parmesan.

Creamy Corn and Potato Chowder

Cook 1 large finely chopped onion and 1 rib celery, chopped in 2 Tbs. butter.

Add:

- 5 $\frac{1}{2}$ cups chicken stock or broth
- 1 $\frac{1}{2}$ cups frozen corn kernels
- 1 large potato peeled and diced
- Salt & pepper to taste

Cook until veggies are tender. In a small bowl, whisk together 1 cup heavy cream & 3 Tbs flour. Stir into soup. Bring soup back to low boil, reduce heat and simmer until done.

Pasta e Fagioli

This recipe makes 9 qts of soup!....be sure and adjust the amounts to suit your family.

Sauté 2 lbs ground beef in saucepan.

Add:

- 2 oz. onion, chopped
- 3 oz. carrot, thinly sliced
- 4 oz. celery, chopped
- 48 oz. canned tomatoes
- 2 cups red kidney beans
- 88 oz beef stock
- 3 tsp oregano
- 2 $\frac{1}{2}$ tsp pepper *(Continued on next page)*

- 5 tsp parsley
- 1 ½ tsp Tabasco sauce
- 38 oz spaghetti sauce
- 8 oz. dry ditali pasta

Pork Zuppa

In a large skillet, cook until tender:

- 1 lb ground pork
- 1 onion, chopped
- 2 cloves garlic, minced

Transfer to slow cooker and add:

- 1 tsp. dried oregano
- ¼ tsp salt
- ¼ tsp crushed red pepper
- 4 cups chicken broth
- 12 ounce tiny red new potatoes, cut in pieces

Cook on low-heat for 6-8 hrs.

In small bowl combine and stir into slow cooker:

- 12 oz can fat-free evaporated milk
- 2 Tbs cornstarch

Stir in 2 cups chopped fresh kale. Cover & cook 30-60 minutes more.

White Chicken Chili

Combine and bring to boil:

- 2 cans navy beans
- 4 oz. chopped green chilies
- ½ tsp cumin
- ½ tsp oregano
- ½ tsp pepper
- 2 cups chopped cooked chicken
- 2 ½ cups chicken broth

Combine ½ cup chicken broth with 1 Tbs. cornstarch. Stir until smooth. Add to pot and simmer until thickened and veggies are tender. Top with shredded Monterey Jack cheese.

Summer Squash & Corn Chowder

Cook:

2 slices applewood-smoked bacon in large Dutch oven. Remove bacon and crumble. Reserve 2 Tbs. bacon drippings in pan.

Add to drippings and sauté until veggies are tender ½ cup each:

- Onion
- Celery
- Squash

1 lb. frozen white & yellow baby corn kernels, set aside 1 cup corn.

Place the remaining corn & 1 cup milk in blender and process until smooth. Add:

- 1 ¼ cup milk
- ½ tsp salt
- ¼ tsp pepper

Blend until smooth. Add pureed mixture and reserved 1 cup corn to pot. Reduce heat to medium and cook until thoroughly heated, stirring constantly. Top with bacon, chopped onions, and shredded cheddar.

Chicken & Gnocchi Soup

In 4 Tbs. butter and 1 Tbs. olive oil, sauté:

- 1 cup chopped onion
- ½ cup celery, finely diced
- 2 cloves garlic, minced

When the onion is translucent, add 4 Tbs. flour and cook about a minute before adding 1 quart half and half. Cook 1 lb potato gnocchi according to pkg directions.

Into the first mixture, add:

- 1 cup shredded carrots
- 1 lb chicken breasts, cooked and diced

After mixture thickens, add 1 14-oz can chicken broth. Once mixture thickens again, add the cooked gnocchi and:

- 1 cup fresh spinach, chopped
- ½ tsp thyme
- ½ tsp parsley

Simmer until heated through. Top with freshly grated parmesan.

Rice and Lentil Soup in a Jar

This soup makes a beautiful gift as well as a delicious soup.

- 2 Tbs. chicken bouillon granules
- 1/3 cup uncooked converted rice
- 1/3 cup red lentils
- 1 Tbs dried parsley
- ½ tsp black pepper
- 1 tsp poultry seasoning
- 1/3 cup uncooked converted rice
- 1/3 cup green lentils

Measure and layer into jar for gifts. Include the following instructions. To make soup, bring 2 tsp butter or margarine and 8 cups* water to a boil in a large pot. Pour in the contents of the jar. Add ¼ cup chopped celery and 1 cup cubed cooked chicken, if desired. Bring to a boil, reduce heat and simmer until lentils are tender—about 30 minutes.

**This sounds like too much water to me, so you might want to experiment with this. I haven't tried yet, but I did gift it and was told it was wonderful.*



Hannah