



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

FRIENDSHIP SOUP MIX

¼ cup dry split peas

½ cup dry lentils

2 tablespoons medium barley

2 tablespoons beef bouillon base (Knorr's brand)

2 tablespoons dry onion soup mix

2 teaspoons Italian herb seasoning

1 cup Wacky Mac (veggie shaped pasta)

1. In small bowl, combine split peas, dry lentils, barley, beef bouillon base, onion soup mix, and Italian herb seasoning.
2. Place mixture in clear 11 x 4-inch party bag or 1-pint jar.
3. Place pasta in second clear party bag. Fold over top of pasta bag, trim if desired, and tape closed.
4. Place pasta bag over bean/seasoning mixture.
5. Attach label or tag with cooking instructions to the bag and tie with bow, if desired.

Makes 10 cups.

FRIENDSHIP SOUP

1 to 2 pounds beef stew meat, cut into ½ inch pieces

2 tablespoons olive oil

6 to 7 cups water

Friendship Soup Mix

1 can (14 ounces) petite diced tomatoes including juice

1 can (8 ounces) tomato paste

In large saucepan or stockpot, heat olive oil. Add stew meat and cook stirring frequently until well browned. Add water and bring to a boil. Reduce heat, cover, and cook for 20 to 30 minutes or until meat is almost tender. Add bean/seasoning mixture from soup mix, diced tomatoes and tomato paste. Cover and cook until beans and meat are tender, about 30 minutes. Add pasta from soup mix and cook over medium-low heat until pasta is tender, about 6 to 8 minutes.

Makes 10 cups.

Note: If leftover soup is refrigerated, it tends to thicken some. Add additional water, if desired.

