

Soup in a Jar Recipes



Minestrone/Vegetable Soup

- 3 tsps bouillon of choice
- 1/2 tsp Wildtree Italian Dressing Mix
- Tomatoes
- Carrots
- Onions
- Celery
- ¼-1/2 tsp of garlic
- Beans (kidney or garbanzo)
- Quinoa (optional)/Noodles
- Basil
- Any other veggies you love (zucchini/spinach/kale).
- **Veggie soup looks the same minus the beans/quinoa.

Taco Soup

- 3 tsps bouillon of choice
- ½ tsp of Wildtree Taco Seasoning
- ¼-1/2 tsp of garlic
- Tomatoes
- Black Beans
- Corn
- Zucchini
- Cilantro

**Optional Add-ins: lime, avocado, or shredded chicken.

Miso Soup

- 3 tsps bouillon of choice
- 1 tsp of miso
- Tofu
- Mushrooms
- Ginger
- Green onions
- Kale/spinach

**For a spicier version add in ½ tsp of red curry paste.

Thai Coconut Curry Soup

- 3 tsps of bouillon of choice
- ½ tsp of curry powder
- ½ tsp of red curry paste
- ½ tsp of miso (optional)
- Cilantro
- Ginger
- Noodles
- Onion/green onion

**Not optional Add-in: ¼ cup of coconut milk

**Optional Add-in: Bean sprouts, shredded chicken, splash of lime and soy sauce.

“Chicken” Noodle Soup

- 3 tsps bouillon of choice
- ½ tsp of Wildtree Garlic Galore Seasoning
- Celery
- Carrots
- Onion
- Noodles

**Optional Add-in: Chicken