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# Hearty Hamburger Soup

Serves: 6

## INGREDIENTS

- 3 tsp TL Vegetarian Beef Bouillon
- 1 tsp Dried Parsley
- 1 tsp Garlic Powder
- ½ tsp Black Pepper
- 1 tsp Ground Thyme
- ¾ cup TL Classic Tomato Sauce Powder
- 1 cup TL FD Green Peas
- ½ cup TL DH Carrots
- ¼ cup TL FD Chopped Onions
- 1 cup TL FD Diced Tomatoes
- 1 cup TL FD Ground Beef
- 1 dried Bay Leaf
- ¾ cup dry Pearl Barley
- 8 cups water

## DIRECTIONS

1. Mix powders and pour in bottom of jar.
2. Layer the rest of dry ingredients individually, except for the barley.
3. Last layer. Place a snack sized ziplock bag in the jar at the top and pack with ¾ cup pearl barley. Do not seal the bag.
4. Close the jar with a lid. For longer term storage, vacuum seal the lid or add an oxygen absorber.
5. When ready to make the soup take out the barley and rinse thoroughly. Add to a slow cooker or stock pot. Pour in the remaining ingredients from the jar. Add 8 cups of water.
6. For a slow cooker set to high for 3 hours. For a stock pot, bring to a boil and then simmer until the barley is doubled in size and tender. Season with sea salt as desired. Enjoy.

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**NOTES:**

FD = Freeze dried DH = Dehydrated TL = Thrive Life MIJ = Meal in a Jar HSC = Home Storage Center

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Freeze dried Food