



# 6 MEALS IN A JAR

*featuring products from*

**THRIVE**

Brought to you by: Jodi and Julie at [YourThriveLife.com](http://YourThriveLife.com)



# WELCOME



We are Jodi and Julie, sister-in-law preparedness bloggers over at [Food Storage Made Easy](#). In addition to blogging at Food Storage Made Easy, we are Thrive Life consultants who love, use, and store [Thrive Life](#) foods. We also share recipes, product reviews, and kitchen tips using Thrive Life foods at [YourThriveLife.com](#).

## WHAT ARE MEALS IN A JAR?

When we first became consultants with Thrive, one of the things we liked the most was how easily we could create meals by pulling a few cans out of our pantries. Meals became quick, easy, and healthier for our families.

As easy as that was, we thought we could take it one step further by combining ingredients ahead of time to create ready-to-cook meals in a jar. We took some of our family favorite recipes and converted them into simple recipes that use all pantry ingredients and fit in a single quart-sized jar. In this ebook we are excited to share with you 6 of our favorite Meal-in-a-jar recipes plus cute labels to help make great gifts. Here are a few of the ways you can use these jars:

- Food storage already organized into meals
- "Fast food" on busy nights
- Holiday neighbor gifts
- Teacher appreciation gifts
- Meals for those in need (sick or new babies)
- Church or group activity to make a lot and each take some home
- Substitution for freezer meals or freezer meal groups

As [Thrive Life consultants](#) we help our customers save anywhere from 10-40% off retail prices simply by joining our Thrive Life customer list. We would love to help you get these great foods into your home at a discount. Visit our blog to [sign up now](#) and start saving!

## CREATING MEALS IN A JAR

### Buying the Food:

Each recipe in this eBook provides a list of Thrive Foods that you will need to make the meal. You can buy foods in pantry cans (1 quart) or #10 cans (1 gallon). It is more cost-effective to buy the bigger cans, but you may end up with leftover product. For recipes calling for 1/3 cup or less of an ingredient, you can buy one pantry can to make 10 jars. For recipes calling for 1/2 cup to 1 cup of an ingredient, you will need one #10 can to make 10 jars. Shop at <http://jodiandjulie.thrivelife.com/home> to save off of retail pricing.

### Filling Your Jars:

*“Pretty Method”* If you want your jars to look uniform and pretty (for gifts) you will want to fill the jars in order of smallest items first. This is the order we have listed in our recipes. Gently twist the jar to get items to settle. You may have to go lighter on a few of the bigger items to get everything to fit.

*“Filling Method”* If you want to pack your jars as full as possible, place your larger items at the bottom and periodically shake up the jar to mix everything all together. This allows you to boost your servings by getting up to 1/2 cup or more of extra food into a jar.

### Sealing Your Jars:

To extend the shelf life of your jar meals we recommend using a jar attachment for a vacuum sealer. The vacuum sealer brand we recommend is [FoodSaver](#). Place two jar lids on top of the jar. They don't need to be new but they shouldn't be warped or visibly damaged. Place the jar sealer attachment over the top and press “seal”. You will hear a release when it is finished. Pull off the attachment and top jar lid. The bottom lid should be securely attached to the jar and all of the oxygen removed. You can place a canning ring over top and store it in the pantry. Storing in a cool dark location is ideal.

### Labeling Your Jars:

Found at the back of this ebook are printable labels for you to attach to your jars. The labels contain cooking instructions and ingredients. The ingredients list is helpful if you are giving them as gifts. Print a full sheet of individual labels if you are making a bulk batch of one meal, or print a page that has one of each meal if you are making all the meals in a set. Also included is a page with colored strips. These are fun to wrap around your jars as added decoration.

# TORTILLA SOUP



Pack your jar with the following ingredients:

- 1/4 cup [Thrive Tomato Powder](#)
- 2 T. [Thrive Chicken Bouillon](#)
- 1 tsp. Ground Cumin
- 1 T. Chili Powder
- 1/4 cup [Thrive Chopped Onions \(FD\)](#)
- 1/4 cup [Thrive Green Chili Peppers \(FD\)](#)
- 1/2 cup [Thrive Sweet Corn \(FD\)](#)
- 1/2 cup [Thrive Instant Brown Rice](#)
- 3/4 cup [Thrive Instant Black Beans](#)
- 3/4 cup [Thrive Chopped Chicken \(FD\)](#)
- 1/3 cup [Thrive Tomato Dices \(FD\)](#)

Cooking Instructions:

In a large saucepan bring 6 cups of water to a boil. Add contents of jar and let simmer for 20 minutes stirring occasionally. Let stand 5-10 minutes until thickened.

Serving Tip: Crumble tortilla chips over top and add sour cream and cheddar cheese.

# CHICKEN BAKE



Pack your jar with the following ingredients:

- 1/3 cup [Thrive Veloute Gravy](#)
- 1 tsp. [Chef's Choice Thrive Seasonings](#)
- 2 T. [Thrive Chopped Onions \(FD\)](#)
- 1/3 cup [Thrive Cheddar Cheese \(FD\)](#)
- 1 1/4 cup [Thrive Instant White Rice](#)
- 1 cup [Thrive Chopped Chicken \(FD\)](#)
- 1 cup [Thrive Broccoli \(FD\)](#)

Cooking Instructions:

Combine ingredients with 3 1/4 cups of water in a 9x9 casserole dish. Bake at 350° for 30 minutes, stir halfway through.

Tip: Can substitute [Broccoli \(FD\)](#) for [Green Peas \(FD\)](#) or [Green Beans \(FD\)](#). Add salt and pepper to taste.

# VEGGIE BEEF STEW



Pack your jar with the following ingredients:

- 1/3 cup [Thrive Espagnole Gravy](#)
- 1 T. [Thrive Beef Bouillon](#)
- 1 tsp. [Chef's Choice Thrive Seasonings](#)
- 1/4 cup [Thrive Pearled Barley](#)
- 3 T. [Thrive Chopped Onions \(D\)](#)
- 2 T. [Thrive Carrot Dices \(D\)](#)
- 1/2 cup [Thrive Celery \(FD\)](#)
- 1/2 cup [Thrive Green Peas \(FD\)](#)
- 3/4 cup [Thrive Potato Chunks \(D\)](#)
- 1 cup [Thrive Beef Dices \(FD\)](#)

Cooking Instructions:

In a large saucepan bring 7 cups of water to a boil. Add contents of jar and let simmer for 40 minutes or until barley and potatoes are soft. Stir occasionally.

Serving Tip: Add salt and pepper to taste, serve with your favorite biscuits or rolls.

# SAUSAGE LASAGNA



Pack your jar with the following ingredients:

- 1/2 cup [Thrive Tomato Sauce](#)
- 1/2 cup [Thrive Shredded Mozzarella Cheese \(FD\)](#)
- 3/4 cup [Thrive Sausage Crumbles \(FD\)](#)
- 1/2 cup [Thrive Green Peppers \(FD\)](#)
- 2 1/2 cups [Thrive Rainbow Farfalle Pasta](#)

Cooking Instructions:

Pour contents of jar into a large frying pan. Add 3 1/4 cups of water. Bring to a boil. Turn heat to low and let simmer for 15 minutes stirring frequently. Let stand for 5 minutes to thicken.

Serving Tip: If you have picky eaters, feel free to leave out the Green Peppers.

# BEEF STROGANOFF



Pack your jar with the following ingredients:

- 1/2 cup [Thrive Bechamel Sauce](#)
- 2 T. [Thrive Espagnole Gravy](#)
- 1/2 cup [Thrive Sour Cream Powder](#)
- 2 T. [Thrive Beef Bouillon](#)
- 2 tsp. Dill Weed
- 1 cup [Thrive Cooked Roast Beef \(FD\)](#)
- 2 1/2 cups [Thrive Egg Noodle Pasta](#)
- 1/3 cup [Thrive Mushrooms \(FD\)](#) optional

Cooking Instructions:

In a large saucepan bring 5 ½ cups of water to a boil. Add contents of jar and let simmer for 15-20 minutes. Let stand for 5 minutes to thicken.



# HEARTY CHILI



Pack your jar with the following ingredients:

- 2 T. [Thrive Tomato Powder](#)
- 1/2 tsp. Minced Garlic
- 1 tsp. [Thrive Salt](#)
- 1/8 tsp. Paprika
- 3/4 tsp. Ground Cumin
- 1 T. [Thrive Oregano \(FD\)](#)
- 1 1/2 T. Chili Powder
- 1/8 tsp. Cayenne Pepper
- pinch of Red Pepper Flakes
- 2 T. [Thrive Chopped Onions \(D\)](#)
- 3/4 cup [Thrive Ground Beef \(FD\)](#)
- 1 1/2 cups [Thrive Instant Pinto Beans](#)
- 1 cup [Thrive Tomato Dices \(FD\)](#)

Cooking Instructions:

In a large saucepan bring 5 cups of water to a boil. Add contents of jar and let simmer for 20 minutes stirring occasionally. For a thinner chili add extra water.

Serving Tip: Top with sour cream and cheddar cheese and serve with a side of [Thrive Golden Cornbread Mix](#).

# THRIVE

## TORTILLA SOUP

1/4 cup Thrive Tomato Powder  
2 T. Thrive Chicken Bouillon  
1 tsp. Ground Cumin  
1 T. Chili Powder  
1/4 cup Thrive Chopped Onions (FD)  
1/4 cup Thrive Green Chili Peppers (FD)  
1/2 cup Thrive Sweet Corn (FD)  
1/2 cup Thrive Instant Brown Rice  
3/4 cup Thrive Instant Black Beans  
3/4 cup Thrive Chopped Chicken (FD)  
1/3 cup Thrive Tomato Dices (FD)

In a large sauce pan bring 6 cups of water to a boil. Add contents of jar and let simmer for 20 minutes stirring occasionally. Let stand 5-10 minutes until thickened.

[YourThriveLife.com](http://YourThriveLife.com)

# THRIVE

## CHICKEN BAKE

1/3 cup Thrive Veloute Gravy  
1 tsp. Chef's Choice Thrive Seasonings  
2 T. Thrive Chopped Onions (FD)  
1/3 cup Thrive Cheddar Cheese (FD)  
1 1/4 cup Thrive Instant White Rice  
1 cup Thrive Chopped Chicken (FD)  
1 cup Thrive Broccoli (FD)

Combine ingredients with 3 1/4 cups of water in a 9x9 casserole dish. Bake at 350 for 30 minutes, stir halfway through.

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## VEGGIE BEEF STEW

1/3 cup Thrive Espagnole Gravy  
1 T. Thrive Beef Bouillon  
1 tsp. Chef's Choice Thrive Seasonings  
1/4 cup Thrive Pearled Barley  
3 T. Thrive Chopped Onions (D)  
2 T. Thrive Carrot Dices (D)  
1/2 cup Thrive Celery (FD)  
1/2 cup Thrive Green Peas (FD)  
3/4 cup Thrive Potato Chunks (D)  
1 cup Thrive Beef Dices (FD)

In a large saucepan bring 7 cups of water to a boil. Add contents of jar and let simmer for 40 minutes or until barley and potatoes are soft. Stir occasionally.

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## SAUSAGE LASAGNA

1/2 cup Thrive Tomato Sauce  
1/2 cup Thrive Shred.Mozz. Cheese (FD)  
3/4 cup Thrive Sausage Crumbles (FD)  
1/2 cup Thrive Green Peppers (FD)  
2 1/2 cups Thrive Rainbow Farfalle Pasta

Pour contents of jar into a large frying pan. Add 3 1/4 cups of water. Bring to a boil. Turn heat to low and let simmer for 15 minutes stirring frequently. Let stand for 5 minutes to thicken.

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1/2 cup Thrive Sour Cream Powder  
2 T. Thrive Beef Bouillon  
2 tsp. Dill Weed  
1 cup Thrive Cooked Roast Beef (FD)  
2 1/2 cups Thrive Egg Noodle Pasta  
1/3 cup Thrive Mushrooms (FD) optional

In a large saucepan bring 5 1/2 cups of water to a boil. Add contents of jar and let simmer for 15-20 minutes. Let stand for 5 minutes to thicken.

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3/4 tsp. Ground Cumin  
1 T. Thrive Oregano (FD)  
1 1/2 T. Chili Powder  
1/8 tsp. Cayenne Pepper  
pinch of Red Pepper Flakes  
2 T. Thrive Chopped Onions (D)  
3/4 cup Thrive Ground Beef (FD)  
1 1/2 cups Thrive Instant Pinto Beans  
1 cup Thrive Tomato Dices (FD)

In a large pot bring 5 cups of water to a boil. Add contents of jar and let simmer for 20 mins stirring occasionally. For a thinner chili add extra water.

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## CHICKEN BAKE

1/3 cup Thrive Veloute Gravy  
1 tsp. Chef's Choice Thrive Seasonings  
2 T. Thrive Chopped Onions (FD)  
1/3 cup Thrive Cheddar Cheese (FD)  
1 1/4 cup Thrive Instant White Rice  
1 cup Thrive Chopped Chicken (FD)  
1 cup Thrive Broccoli (FD)

Combine ingredients with 3 1/4 cups of water in a 9x9 casserole dish.  
Bake at 350 for 30 minutes, stir halfway through.

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2 T. Thrive Carrot Dices (D)  
1/2 cup Thrive Celery (FD)  
1/2 cup Thrive Green Peas (FD)  
3/4 cup Thrive Potato Chunks (D)  
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In a large saucepan bring 7 cups of water to a boil. Add contents of jar and let simmer for 40 minutes or until barley and potatoes are soft. Stir occasionally.

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**SAUSAGE LASAGNA**

- 1/2 cup Thrive Tomato Sauce
- 1/2 cup Thrive Shred.Mozz. Cheese (FD)
- 3/4 cup Thrive Sausage Crumbles (FD)
- 1/2 cup Thrive Green Peppers (FD)
- 2 1/2 cups Thrive Rainbow Farfalle Pasta

Pour contents of jar into a large frying pan. Add 3 1/4 cups of water. Bring to a boil. Turn heat to low and let simmer for 15 minutes stirring frequently. Let stand for 5 minutes to thicken.

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## BEEF STROGANOFF

1/2 cup Thrive Bechamel Sauce  
2 T. Thrive Espagnole Gravy  
1/2 cup Thrive Sour Cream Powder  
2 T. Thrive Beef Bouillon  
2 tsp. Dill Weed  
1 cup Thrive Cooked Roast Beef (FD)  
2 1/2 cups Thrive Egg Noodle Pasta  
1/3 cup Thrive Mushrooms (FD) optional

In a large saucepan bring 5 1/2 cups of water to a boil. Add contents of jar and let simmer for 15-20 minutes. Let stand for 5 minutes to thicken.

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# THRIVE

## HEARTY CHILI

2 T. Thrive Tomato Powder  
1/2 tsp. Minced Garlic  
1 tsp. Thrive Salt  
1/8 tsp. Paprika  
3/4 tsp. Ground Cumin  
1 T. Thrive Oregano (FD)  
1 1/2 T. Chili Powder  
1/8 tsp. Cayenne Pepper  
pinch of Red Pepper Flakes  
2 T. Thrive Chopped Onions (D)  
3/4 cup Thrive Ground Beef (FD)  
1 1/2 cups Thrive Instant Pinto Beans  
1 cup Thrive Tomato Dices (FD)

In a large pot bring 5 cups of water to a boil. Add contents of jar and let simmer for 20 mins stirring occasionally. For a thinner chili add extra water.

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USE THESE STRIPS TO WRAP AROUND JARS. PLACE JAR LABEL ON TOP OF WHERE THE STRIPS MEET.

