

## Recipe Cards by The Wooden Bear

Intended for use with Kelly Mueller's book, *Happy Harvest*.

Please enjoy these recipe cards, compliments of The Wooden Bear! Use the top card to create a wonderful jar mix to keep in your pantry for a quick wholesome dinner, or decorate your jar for gift-giving! You will find some oh-so-cute jar topper patterns in our book, *Happy Harvest*. Add the bottom recipe card to your jar to tell the recipient how to make this delicious stew! For best results, print on a heavier cardstock paper. I use Epson Premium Presentation Paper Matte.



Jar toppers above are from the *Happy Harvest* book! Check out all of our books, patterns, and fabrics at [www.thewoodenbear.com](http://www.thewoodenbear.com).

These recipe cards are not to be sold. It is intended to be **free** for individuals to use. Quilt shops may insert the recipe cards as part of a kit featuring projects from the *Happy Harvest* book by Kelly Mueller. We have more free printables on our website! Go to [www.thewoodenbear.com](http://www.thewoodenbear.com) and click on Free Downloads! Kelly Mueller 10/01/12

### Sunflower Stew Jar Mix

1 c. dried stuffed tortelloni pasta	4 tbsp. parsley flakes
1/2 c. dried red lentils	2 tsp. basil
1/2 c. split peas	1/4 c. onion flakes
1/2 c. barley	1/2 tsp black papper
1/2 c. beef bouillon granules	

Here's what to do to make a starter for a delicious fall stew. A canning funnel is very helpful in layering the ingredients. When giving the jar as a gift, add the accompanying recipe card for making the stew.

The directions couldn't be easier! Put the tortelloni pasta in a bag. Layer the remaining ingredients in a one quart jar in the order listed. Put the pasta bag on top. Screw the lid on tightly.

This is a great stew mix to keep on-hand for those cold autumn evenings, or to give as a gift!

Recipe adapted from *Minestrone Soup on Food.com*. Network is property of The Wooden Bear.

### Sunflower Stew

*No sunflowers were harmed in the making of this stew.*

1 Sunflower Stew Jar Mix  
28 oz. can diced tomatoes, undrained  
6 oz. can tomato paste  
10 c. water  
Cooked sausage, or browned beef can be added if desired.

Pull out the tortelloni pasta bag, and set aside. Pour all remaining ingredients into a large pot. Bring the stew to a boil, then reduce heat and cover. Simmer for approximately one hour. Add the pasta and any cooked meat, if desired. Cook approximately 30 minutes, or until pasta is tender.

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