



Wholy Living LLC,
John, Margaret
& Gloria Loew



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Layer in a quart Jar in this order:

Mix of Choice or 11 Bean Mix	1/3 C each millet, brown rice, quinoa
1/4 C Chicken, Beef or Vegetable Broth Mix	1/4 C Dehydrated Vegetable Soup Mix
2 t Himalayan Salt	1 t minced Garlic
1/4 C steel cut oats	

To make soup, pour bean mix & 3 1/2 quarts of water into a large SIZZLE Pot.

Add:

1/4 C Coconut Aminos (soy sauce)	Meat or poultry or not of choice
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Cook on medium high until the pot reaches pressure, then turn to simmer until beans & grains are soft & ready to serve. You may need to add more water.

Enjoy with some hearty savory bread or cornbread & salad!

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Visit Our Granary...
• Tuesday 3 to 7
• Saturday 10 to noon
By appointment...Call most anytime!



Wholy Living LLC,
Palmer
745-5639
www.wholyliving.com

Enjoy this hearty Bean Soup. Let it simmer all day long. The beans were soaked and dehydrated, so they will not cause the usual digestive issues. I sent a jar to a sweet friend up in Unalakleet. She, might weight 100# soaking wet, texted her opinion ~ amazing, on my 3rd bowl, the kids loved it! A pretty good review!!

In all thy ways acknowledge him, and he shall direct thy paths.
Be not wise in thine own eyes: fear the LORD, and depart from evil.
It shall be health to thy navel, and marrow to thy bones.
Proverbs 3:6 - 8

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