



# Recipes for the Trail

## Proven Delicious!

### Savory Beans

3 Tbs Red Beans  
1 tsp Onions  
1 tsp Bell Peppers  
1 tsp Celery  
1 Cup Water

Combine all ingredients in cooking pot, and simmer for 10 minutes. Season with oregano & salt to taste.

### Sundown Stew

1/4 Cup Northern Beans  
1 tsp Onions  
1 tsp Carrots  
1 tsp Diced Potatoes  
1 Cup Water

Combine all ingredients in cooking pot, and simmer for 10 minutes. Season with salt & basil to taste.

### Peas & Taters

1/4 Cup Diced Potatoes  
2 Tbs Green Peas  
1 tsp Onions  
1 Cup Water

Combine all ingredients in cooking pot, and simmer for 10 minutes. Season with salt & pepper to taste.

### Black Beans & Rice

3 Tbs Black Beans  
1 tsp Onions  
1 tsp Tomato Dices  
1 tsp Sweet Corn  
1 Cup Water

Combine all ingredients in cooking pot, and simmer for 10 minutes. Season with a pinch of cumin & salt to taste. Serve with rice.

### Comfort Soup

2 Tbs Lentils  
1 tsp Diced Potatoes  
1 tsp Onions  
1 tsp Celery  
1 tsp Cabbage  
1 Cup Water

Combine all ingredients in cooking pot, and simmer for 10 minutes. Season with salt & oregano to taste.

### Corn Chowder

2 Tbs Sweet Corn  
2 Tbs Bell Peppers  
1 Cup Water

Combine all ingredients in cooking pot, and simmer for 10 minutes. Season with salt & pepper to taste.



**HINT:** Vegetables & Beans do not have to be cooked or simmered. Each may be soaked in cold water until desired softness, or eaten raw. If you need further assistance, call us at 1(800)-696-1395.

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