



BULK COOKING INSTRUCTIONS

Seven Bean & Barley Soup Mix

Rinse, drain 1 lb. of soup mix
Soak overnight or for 2 hours
Drain

In a large pot, sauté 2 small onions in vegetable oil until tender
Add soup mix and 8 cups of water and 2 tsp salt (optional)
Bring to a boil
Lower heat and simmer for 2 - 2 1/3 hours or until tender