

MASON JAR LABELS

for Meals in Jars Cookbook



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Sample

HOW TO USE:

1. PRINT

Print the labels on standard 8.5" x 11" paper. For best results, use card stock for a sturdier finish.

2. LAMINATE (OPTIONAL BUT RECOMMENDED)

For maximum durability, laminate the printed pages before cutting. This protects the labels from moisture and wear, keeping them beautiful for years to come.

3. CUT

Cut out each label along the dotted lines.

4. ATTACH TO YOUR JAR

- Remove the metal ring from your Mason jar.
- Place the label on top of the flat lid.
- Gently tighten the ring back onto the jar, securing the label in place.

Have fun filling your pantry!

Jordan & Stacy



REGULAR MOUTH

Labels



BEEF STROGANOFF

1. Pour your jar into a pot. Bring to a boil, then lower to a simmer.
2. Meanwhile, cook pasta of choice.
3. In a saucepan, melt 4 Tbs butter. Add ½ cup flour and cook until bubbly. Mix in 1 cup sour cream and 2 tsp paprika. Season to taste.
4. Stir the sour cream mix into the beef mix, and simmer until it thickens. Pour over pasta. Enjoy!



ROAST & SQUASH CASSEROLE

1. Pour your jar into a pot. Bring to a boil, then lower to a simmer.
2. Preheat oven to 350°F.
3. In a mixing bowl, mix together 2 cups sliced squash, 1 chopped onion, ¼ cup oil, 2 eggs, ½ cup bisquick, and 1 cup cheese.
4. Pour into a pie pan, and bake 35-40 minutes
5. Serve alongside your pot roast, and enjoy!



ITALIAN BEEF SANDWICHES

1. Pour your jar into a pot. Bring to a boil, then lower to a simmer.
2. Set oven to broil low.
3. On a cookie sheet, lay out hamburger buns, cut side up, and spread mayo on them.
4. Place in the oven for 1-2 minutes until buns are lightly toasted.
5. Using a slotted spoon, place a "drained" scoop of meat mix onto the buns, top provolone cheese, and enjoy!



POT PIE CASSEROLE

1. Preheat oven to 375°F. Pour your jar into a pot. Bring to a boil.
2. In a separate pot, melt 4 Tbs butter, ¼ cup flour, stir well, then stir into the beef mixture, and simmer on low.
3. In a mixing bowl, combine 2 ½ cups Bisquick with 2 cups water, 2 eggs, 4 Tbs oil.
4. To a 9x13 pan, add the beef mixture, then pour batter on top.
5. Bake 25 minutes.



BEEF QUESADILLAS

1. Pour your jar into a pot. Add 1 pint of canned beans. Bring to a boil.
2. Cook 1 cup of uncooked white rice (any method). When done, add to beef mix, and remove from heat.
3. In a skillet, melt 1 Tbs butter. Place a large tortilla over the butter, sprinkle with cheese, add scoop of beef mix to half.
4. When cheese melts, fold it over onto itself. Cook one minute more. Enjoy!



CHICKEN GRAVY & POTATOES

1. In a saucepan, melt 4 Tbs butter. Add ¼ cup flour. Cook until bubbly.
2. Add the contents of your jar to the pot. Mix well, bring to a boil, then lower to a simmer.
3. Meanwhile, prepare your instant potatoes according to package instructions for your desired serving size.
4. Scoop chicken gravy over mashed potatoes, and enjoy!



CHICKEN CHILI VEREDE

1. Just heat and enjoy!

A few sides that pair well with this dish are cornbread, chips and guacamole, or a salad.



CHICKEN CORN CHOWDER

1. Pour your jar into a pot. Bring to a boil.
2. In a separate saucepan, melt 1 stick of butter. Add ½ cup flour, and simmer until bubbly.
3. Remove from heat, add 1 cup sour cream. Add your butter mixture to the soup pot, and mix thoroughly.
4. Garnish as desired, and enjoy!



CHICKEN A LA KING PASTA

1. Pour your jar into a pot. Bring to a boil, then lower to a simmer.
2. While that's warming up, boil a pot of water for pasta. Once boiling, add your pasta of choice and boil until al dente—typically 10 minutes or so.
3. To your meat mixture, add a block of cream cheese and mix well.
4. Serve over a bed of pasta.

