

Product Catalogue #18



The internet leader in dehydrated & freeze dried products

Harmony House Foods, Inc.
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Greenville, NC 27834

Customer Service: (800) 696-1395

Hours: M-Th, 9am-5pm; F, 9am-12Noon

Fax: (252) 353-2009

PHONE ORDERS: 1-800-696-1395

www.harmonyhousefoods.com



What Makes Harmony House Foods a Customer Favorite?

Maybe it is the fine attention to detail every order receives. Maybe it's the premium quality products offered. Maybe it's the super fast shipping. Whatever "it" is, it has kept our loyal customers coming back again and again.

From the start we determined to provide the very best products, excellent customer service, and deal honestly and fairly in our business practices. The rewards of this philosophy have been incredible! We now have tens of thousands of family members (*we consider our customers part of the family*). We've won multiple awards, and have become the industry leader in dehydrated and freeze dried products.

Our high standards of quality continually receive a 100% satisfaction rating from the FDA, with no deficiencies. Luxury hotels and five star restaurants trust the quality ingredients we provide. Our business success has allowed us to give back to our communities and also provide funding for humanitarian projects.

So what can you expect from YOUR Harmony House Foods, Inc. experience? You can expect courteous and attentive customer service, premium products, carefully packaged items, timely shipping, and a whole lot more!

We want to hear from you, so please let us know if we don't meet your expectations. If we do something that amazes you, we'd like to hear about that too. And as we say around here on a daily basis, "Welcome to the family!"

Our Customers are Family!

Phone Orders: 1-800-696-1395

Freeze-Dried Fruits & Berries



Freeze-dried fruits & berries are some of our most popular items. Each variety is all natural with no additives or preservatives. They are excellent for desserts, baked goods, on cereal, or just as a quick "ready-to-eat" snack. The kids will love them! Each jar contains a full quart of delicious goodness.

- 50122 – Apple Dices (3.5 oz. Jar)..... \$14.95
- 50262 – Apricot Dices (4.25 oz. Jar)..... \$14.95
- 50142 – Banana Slices (7 oz. Jar) \$14.95
- 50362 – Cherries (7 oz. Jar)..... \$14.95
- 50162 – Mango Dices (4.5 oz. Jar)..... \$14.95
- 50242 – Papaya Dices (3 oz. Jar) \$14.95
- 50172 – Pineapple Chunks (5 oz. Jar)..... \$14.95
- 50102 – Strawberry Slices (2 oz. Jar)..... \$14.95
- 50322 – Blackberries (4 oz. Jar)..... \$14.95
- 50182 – Blueberries (4 oz. Jar)..... \$14.95
- 50192 – Raspberries (3 oz. Jar) \$14.95

- 50112 – Orchard Fruit Medley (4 Count) \$49.95**
Contains 1 Jar Each: Apples, Apricots, Cherries, & Bananas.

- 50114 – Tropical Fruit Medley (4 Count) \$49.95**
Contains 1 Jar Each: Pineapple, Mangoes, Papaya, & Bananas.

- 50116 – Berry Medley (4 Count) \$49.95**
Contains 1 Jar Each: Strawberry, Blueberry, Raspberry, & Blackberry.

- 50124 – Deluxe Fruit Sampler (12 Count) \$149.95**
*Contains our JAR Size of every freeze-dried fruit & berry listed above,
plus an extra Strawberry!*

Catalogue prices & sizes are subject to change. Please visit our website for current pricing.

www.harmonyhousefoods.com

Dehydrated Vegetables



Dehydrated vegetables are the product of choice for professional chefs, home cooks, campers, & boaters. The air-dry dehydration process allows the vegetables to rehydrate to their original shape and texture when cooking, and thus makes them an excellent choice for soups, stews, casseroles, and other dishes. There are no additives or preservatives used, except where noted.

10090 – Broccoli Flowerets (2 oz. ZIP Pouch).....	\$4.95
10092 – Broccoli Flowerets (8 oz. Jar).....	\$14.95
10094 – Broccoli Flowerets (32 oz. Jug).....	\$49.95
10096 – Broccoli Flowerets (12 lb. Bulk Box).....	\$149.95
10120 – Cabbage 3/8" (2.5 oz. ZIP Pouch).....	\$2.95
10122 – Cabbage 3/8" (10 oz. Jar).....	\$8.95
10124 – Cabbage 3/8" (48 oz. Jumbo Jug).....	\$29.95
10126 – Cabbage 3/8" (14 lb. Bulk Box).....	\$99.95
10010 – Carrot Dices 3/8" (3 oz. ZIP Pouch)	\$2.95
10012 – Carrot Dices 3/8" (14 oz. Jar).....	\$8.95
10014 – Carrot Dices 3/8" (48 oz. Jug).....	\$24.95
10016 – Carrot Dices 3/8" (20 lb. Bulk Box).....	\$99.95
10020 – Celery, Crosscut (1.5 oz. ZIP Pouch).....	\$2.95
10022 – Celery, Crosscut (6 oz. Jar).....	\$8.95
10024 – Celery, Crosscut (26 oz. Jumbo Jug).....	\$19.95
10026 – Celery, Crosscut (10 lb. Bulk Box).....	\$89.95
10232 – Chive Rings (2 oz. Jar).....	\$9.95
10100 – Corn, Sweet (3 oz. ZIP Pouch).....	\$4.95
10102 – Corn, Sweet (12 oz. Jar).....	\$14.95
10104 – Corn, Sweet (64 oz. Jumbo Jug).....	\$49.95
10106 – Corn, Sweet (25 lb. Bulk Box).....	\$199.95

Phone Orders: 1-800-696-1395

Dehydrated Vegetables

10270 – Garlic, Chef Minced (6 oz. ZIP Pouch).....\$2.95
10272 – Garlic, Chef Minced (24 oz. Jar).....\$8.95



10070 – Green Beans (1.75 oz. ZIP Pouch).....\$3.95
10072 – Green Beans (7 oz. Jar).....\$9.95
10074 – Green Beans (26 oz. Jumbo Jug).....\$29.95
10076 – Green Beans (10 lb. Bulk Box).....\$129.95

10160 – Jalapeno Dices (1.5 oz. ZIP Pouch).....\$2.95
10162 – Jalapeno Dices (5 oz. Jar)\$8.95
10164 – Jalapeno Dices (22 oz. Jumbo Jug).....\$24.95
10166 – Jalapeno Dices (8 lb. Bulk Box).....\$99.95

10170 – Leeks, Green & White (.5 oz. ZIP).....\$2.95
10172 – Leeks, Green & White (3 oz. Jar).....\$6.95
10174 – Leeks, Green & White (10 oz. Jug).....\$19.95
10176 – Leeks, Green & White (5 lb. Bulk Box).....\$79.95

10132 – Mushrooms, Button (3 oz. Jar).....\$8.95
10134 – Mushrooms, Button (12 oz. Jumbo Jug) ...\$24.95
10136 – Mushrooms, Button (5 lb. Bulk Box).....\$99.95

10182 – Mushrooms, Bits/Pieces (4 oz. Jar).....\$8.95
10184 – Mushrooms, Bits/Pieces (22 oz. Jug).....\$29.95
10186 – Mushrooms, Bits/Pieces (7 lb. Box).....\$139.95

10282 – Mushrooms, Shitake (3.5 oz. Jar)\$8.95
10284 – Mushrooms, Shitake (14 oz. Jug).....\$29.95
10086 – Mushrooms, Shitake (6 lb. Bulk Box).....\$129.95

10080 – Onions, chopped (3 oz. ZIP Pouch)\$2.95
10082 – Onions, chopped (12 oz. Jar).....\$8.95
10084 – Onions, chopped (52 oz. Jug).....\$24.95
10086 – Onions, chopped (20 lb. Bulk Box).....\$99.95

100% Satisfaction Guarantee on all products!

www.harmonyhousefoods.com

Dehydrated Vegetables

10060 – Sweet Green Peas (4 oz. ZIP Pouch).....	\$3.95
10062 – Sweet Green Peas (16 oz. Jar).....	\$12.95
10064 – Sweet Green Peas (64 oz. Jug).....	\$39.95
10066 – Sweet Green Peas (25 lb. Bulk Box).....	\$179.95
10050 – Peppers, Red & Green (2¼ oz. ZIP).....	\$2.95
10052 – Peppers, Red & Green (9 oz. Jar).....	\$9.95
10054 – Peppers, Red & Green (36 oz. Jug).....	\$29.95
10056 – Peppers, Red & Green (14 lb. Bulk Box)	\$129.95
10030 – Potatoes, Diced (3 oz. ZIP Pouch).....	\$2.95
10032 – Potatoes, Diced (12 oz. Jar).....	\$8.95
10034 – Potatoes, Diced (50 oz. Jumbo Jug).....	\$24.95
10036 – Potatoes, Diced (20 lb. Bulk Box).....	\$99.95
10044 – Potatoes, Sliced* (28 oz. Jumbo Jug).....	\$19.95
10046 – Potatoes, Sliced* (10 lb. Bulk Box).....	\$79.95
10242 – Shallots (12 oz. Jar).....	\$9.95
10246 – Shallots (18 lb. Bulk Box).....	\$149.95
10140 – Spinach Flakes (.5 oz. ZIP Pouch).....	\$2.95
10142 – Spinach Flakes (3 oz. Jar).....	\$6.95
10144 – Spinach Flakes (12 oz. Jumbo Jug).....	\$19.95
10146 – Spinach Flakes (5 lb. Bulk Box).....	\$79.95
10222 – Sweet Potatoes, Diced (18 oz. Jar).....	\$12.95
10224 – Sweet Potatoes, Diced (80 oz. Jug).....	\$39.95
10226 – Sweet Potatoes, Diced (30 lb. Box).....	\$179.95
10150 – Tomato Dices (2 oz. ZIP Pouch).....	\$2.95
10152 – Tomato Dices (8 oz. Jar).....	\$7.95
10154 – Tomato Dices (34 oz. Jumbo Jug).....	\$19.95
10156 – Tomato Dices (12 lb. Bulk Box).....	\$89.95

Products marked with an asterisk () may contain a sulfite for preservation.*

Phone Orders: 1-800-696-1395

Dehydrated Vegetables

10110 – Tomato Powder (6 oz. ZIP Pouch)	\$4.95
10112 – Tomato Powder (22 oz. Jar).....	\$14.95
10114 – Tomato Powder (80 oz. Jumbo Jug).....	\$39.95
10116 – Tomato Powder (30 lb. Bulk Box).....	\$199.95
10212 – Vegetable Soup Mix (10 oz. Jar).....	\$9.95
10214 – Vegetable Soup Mix (44 oz. Jumbo Jug)..	\$29.95
10216 – Vegetable Soup Mix (16 lb. Bulk Box)	\$149.95
10262 – Zucchini, Diced* (9 oz. Jar).....	\$9.95
10264 – Zucchini, Diced* (28 oz. Jumbo Jug).....	\$29.95
10266 – Zucchini, Diced* (10 lb. Bulk Box).....	\$129.95

Freeze-Dried Vegetables



Freeze-dried vegetables are an excellent choice for quick-cooking, backpacking, or healthy snacking. Each variety is all natural with no additives or preservatives. Also use for creative breads, muffins, or other baked dishes. You will enjoy the wonderful flavor!

60122 – Corn, Super Sweet Whole (4 oz. Jar)....	\$12.95
60142 – Green Beans, Cut (2 oz. Jar).....	\$12.95
60182 – Peas, Green Garden Whole (4 oz. Jar)..	\$12.95
60222 – Peppers, Yellow Bell Dice (2.25 oz. Jar).	\$12.95
60242 – Soybeans, Edamame Whole (8 oz. Jar)	\$12.95
60162 – Sweet Potatoes, Cubed (3.25 oz. Jar)	\$12.95
60262 – Mushrooms, Sliced (1.5 oz. Jar).....	\$12.95



Free Shipping on \$99+ orders!

(Lower 48 United States Only. Alaska, Hawaii, & International orders, please call)

www.harmonyhousefoods.com



Dehydrated Beans & Legumes

This is one of the most innovative products we've ever introduced! Dehydrated Beans are not just dry beans, but a truly *dehydrated* bean. When using this product, there is no need to sort, clean, soak, or cook for hours. Simply add the desired amount to your cooking container and simmer for about 10-15 minutes. That's it! Every cook should discover the ease of using these beans & legumes.

12010 – Lentils (4 oz. ZIP Pouch).....	\$2.95
12012 – Lentils (16 oz. Jar).....	\$9.95
12014 – Lentils (64 oz. Jumbo Jug).....	\$24.95
12016 – Lentils (25 lb. Bulk Box).....	\$99.95
12020 – Split Peas (6 oz. ZIP Pouch).....	\$2.95
12022 – Split Peas (22 oz. Jar).....	\$9.95
12024 – Split Peas (96 oz. Jumbo Jug).....	\$29.95
12026 – Split Peas (35 lb. Bulk Box).....	\$119.95
12030 – Red Beans (4 oz. ZIP Pouch).....	\$2.95
12032 – Red Beans (16 oz. Jar).....	\$9.95
12034 – Red Beans (64 oz. Jumbo Jug).....	\$24.95
12036 – Red Beans (25 lb. Bulk Box).....	\$99.95
12040 – Black Beans (4 oz. ZIP Pouch).....	\$2.95
12042 – Black Beans (16 oz. Jar).....	\$9.95
12044 – Black Beans (64 oz. Jumbo Jug).....	\$24.95
12046 – Black Beans (25 lb. Bulk Box).....	\$99.95
12050 – Navy Beans (4 oz. ZIP Pouch).....	\$2.95
12052 – Navy Beans (16 oz. Jar).....	\$9.95
12054 – Navy Beans (64 oz. Jumbo Jug).....	\$24.95
12056 – Navy Beans (25 lb. Bulk Box).....	\$99.95

Four ounces of our dehydrated beans equal the equivalent amount of beans you would find in a standard 15-16 ounce can.

Phone Orders: 1-800-696-1395

Dehydrated Beans & Legumes

12060 – Great Northern Beans (4 oz. ZIP Pouch).....	\$2.95
12062 – Great Northern Beans (16 oz. Jar)	\$9.95
12064 – Great Northern Beans (64 oz. Jug).....	\$24.95
12066 – Great Northern Beans (25 lb. Bulk Box).....	\$99.95
12070 – Dark Kidney Beans (4 oz. ZIP Pouch).....	\$2.95
12072 – Dark Kidney Beans (16 oz. Jar).....	\$9.95
12074 – Dark Kidney Beans (56 oz. Jumbo Jug).....	\$24.95
12076 – Dark Kidney Beans (25 lb. Bulk Box).....	\$99.95
12080 – Pinto Beans (4 oz. ZIP Pouch).....	\$2.95
12082 – Pinto Beans (16 oz. Jar).....	\$9.95
12084 – Pinto Beans (64 oz. Jumbo Jug).....	\$24.95
12086 – Pinto Beans (25 lb. Bulk Box).....	\$99.95
12090 – Garbanzo Beans (4 oz. ZIP Pouch).....	\$2.95
12092 – Garbanzo Beans (16 oz. Jar)	\$9.95
12094 – Garbanzo Beans (64 oz. Jumbo Jug).....	\$24.95
12096 – Garbanzo Beans (25 lb. Bulk Box).....	\$99.95

How to Use Dehydrated Products

If you're new to dehydrated food, you're probably wondering how to use it. It's really quite simple—you use it the same as you would fresh. Just make sure to add the water back in we took out. For example, if your recipe called for 1 cup of fresh, diced carrots, you would do the following (*ratios are on the label*):

- Add 1/3 cup carrots
- Add 2/3 cups water



Using this method, you can use dehydrated products for fresh in almost any recipe. You don't need a special, dried food recipe! And you'll never have to worry again about reaching in the refrigerator for carrots, only to find out they've gone limp.

Dehydrated products save you TIME & MONEY!

www.harmonyhousefoods.com

Textured Vegetable Protein



Made with soy protein, TVP is a meat-like substitute which adds texture and flavor to any vegetarian dish, without the animal fat. TVP rehydrates quickly in water, but you can add it directly to dishes when cooking without rehydrating it first. "Plain TVP" is our most basic product, containing only Soy Flour. All of our other TVP now use a non-hydrogenated Soybean Oil as a base. Choose from a variety of delicious flavors.

20082 – PLAIN TVP, unflavored (10 oz. Jar)	\$7.95
20084 – PLAIN TVP, unflavored (40 oz. Jumbo Jug). \$	\$19.95
20086 – PLAIN TVP, unflavored (15 lb. Bulk Box)... \$	\$79.95
20020 – Chickenish Bits (3.5 oz. ZIP Pouch).....	\$2.95
20022 – Chickenish Bits (16 oz. Jar)	\$9.95
20024 – Chickenish Bits (56 oz. Jumbo Jug).....	\$27.95
20026 – Chickenish Bits (20 lb. Bulk Box).....	\$99.95
20060 – Chickenish Chunks (3 oz. ZIP Pouch)	\$2.95
20062 – Chickenish Chunks (12 oz. Jar).....	\$9.95
20064 – Chickenish Chunks (48 oz. Jumbo Jug).....	\$24.95
20066 – Chickenish Chunks (16 lb. Bulk Box).....	\$89.95
20040 – Hamish Bits (3.25 oz. ZIP Pouch).....	\$2.95
20042 – Hamish Bits (14 oz. Jar)	\$9.95
20044 – Hamish Bits (54 oz. Jumbo Jug).....	\$27.95
20046 – Hamish Bits (18 lb. Bulk Box).....	\$99.95
20050 – Taco Flavored Bits (4 ZIP Pouch).....	\$2.95
20052 – Taco Flavored Bits (16 oz. Jar)	\$9.95
20054 – Taco Flavored Bits (60 oz. Jumbo Jug).....	\$27.95
20056 – Taco Flavored Bits (20 lb. Bulk Box).....	\$99.95

Allergy Alert: Textured Vegetable Protein contains Wheat & Soy

Phone Orders: 1-800-696-1395

Textured Vegetable Protein (TVP)

20010 – Beefish Bits (4 oz. ZIP Pouch).....	\$2.95
20012 – Beefish Bits (16 oz. Jar)	\$9.95
20014 – Beefish Bits (56 oz. Jumbo Jug).....	\$27.95
20016 – Beefish Bits (20 lb. Bulk Box).....	\$99.95
20030 – Beefish Chunks (3 oz. ZIP Pouch).....	\$2.95
20032 – Beefish Chunks (12 oz. Jar)	\$9.95
20034 – Beefish Chunks (42 oz. Jumbo Jug).....	\$24.95
20036 – Beefish Chunks (15 lb. Bulk Box).....	\$89.95



TVP Cooking ideas...



Beefish Bits: Rehydrate 1 part “Beefish Bits” with 2 parts water for about 10 minutes. Add to your favorite cheese or “cheeseless” sauce and mix with broccoli and rice.

Chickenish Bits: Put 1 part “Chickenish Bits” with 2 parts water, peas, carrots, potato dices, and onions in a mixing bowl. Add a “chicken style” gravy, and bake in a pie shell for a “chicken” pot pie. (If using dried vegetables, make sure to use additional water.)

Chickenish Chunks: Rehydrate 1 part “Chickenish Chunks” with 2 parts water for about 15 minutes. Shred chunks in a food processor until flaky. Use in your favorite chicken salad recipe.

Hamish Bits: Mix some “Hamish Bits” in your favorite gravy for Biscuits & Gravy. Delicious!

Taco Bits: Rehydrate 1 part “Taco Bits” with 2 parts water for about 10 minutes. Mix with refried beans or rice for an excellent burrito stuffing.

“I have used many soy products before so I wanted to see what this TVP was all about. Well, I just made chili last night using your taco bits and it is DELICIOUS! You have a customer for life! Thank you!” (RC from Houston, TX)

Finally...

Easy, Quick, & Healthy!™



WHO SAID BUSY PEOPLE CAN'T HAVE
A WHOLESOME AND NUTRITIOUS
MEAL IN A HURRY?

- Premium Ingredients
- Low/No Fat/Vegan
- No Cholesterol
- Easy to Prepare
- Stove or Slow cooker
- Makes 5 Cups
- Delicious!



We know lifestyles today are hectic. Whether you have a full career, or are a stay-at-home mom, life never seems to slow down. That's why we created

“Easy, Quick, & Healthy” — our special gourmet vegetarian soup blends. They'll make your life easier AND healthier!

“ I love your soup blends! In the morning I put it in the slow-cooker, and at noon a healthy and delicious meal is waiting for me! ”

Try any of our delicious varieties and see why backpackers, RV-ers, home schooling moms, busy career workers, and others keep coming back for more. Order yours today!



04010 – Garden Veggie Chickenish Soup (5 oz.).....	\$3.95
04015 – Hearty Texas Beefish Stew (5.5 oz.)	\$3.95
04020 – Super Savory Split Pea Soup (7 oz.)	\$3.95
04025 – Greek Lentil Soup with Barley (6 oz.).....	\$3.95
04030 – Captain John’s Navy Bean Soup (5 oz.)	\$3.95
04035 – Great Northern Bean Stew (5.75 oz.)	\$3.95
04040 – Beefish Barley with Mushrooms (5 oz.).....	\$3.95
04045 – Unbelievable Black Bean Chili (6 oz.).....	\$3.95
04050 – Southwest Style Mixed Bean Chili (6 oz.).....	\$3.95
04055 – Mama Mia Italian Vegetable Soup (4 oz.)	\$3.95

Phone Orders: 1-800-696-1395

Soup Variety Packs



Try all of our “Easy, Quick, & Healthy”™ vegan gourmet soup blends in one of our economical Soup Packs. The “Value Soup Variety Pack” gives you twelve soup packs. The “Deluxe Soup Variety Pack” gives you the same twelve soups but adds our preferred Slow Cooker for even easier meal preparation!

06020 – Value Soup Variety Pack (12 soups).....\$39.95

Includes (1) each of all of our gourmet soup blends, and (2) each of our most popular varieties: Garden Veggie Chickenish Soup & Great Northern Bean Stew. (Vegan)

06010 – Deluxe Soup Variety Pack & Slow Cooker\$49.95

Same as above + our preferred Slow-Cooker!

83000 – Rival 2 Qt. Slow Cooker\$14.95

Your “Easy Quick & Healthy” soups will taste even better when using the slow-cooker method! Your home will also be filled with the aroma of home-cooked goodness that is irresistible. This cooker has a removable crock for easy cleanup!

Baking Ingredients

30020 – Sea Salt (10 oz. ZIP Pouch) \$4.95

30022 – Sea Salt (38 oz. Jar) \$14.95

30024 – Sea Salt (8 lb. Jumbo Jug) \$39.95

32000 – Nutritional Yeast Flakes (2 oz. ZIP)..... \$3.95

32002 – Nutritional Yeast Flakes (10 oz Jar)..... \$14.95

32004 – Nutritional Yeast Flakes (32 oz Jug) \$39.95

30030 – Potato Starch (6 oz. ZIP Pouch)..... \$3.95

30032 – Potato Starch (24 oz Jar)..... \$12.95

30034 – Potato Starch (5 lb. Jumbo Jug)..... \$29.95

www.harmonyhousefoods.com

Sampler & Stock-up Kits

Our Samplers are an excellent way to "test" our products before you stock up. When you're ready to purchase volume quantities, the Pantry Stuffer & Family Pack are an excellent, cost-effective way to do so. **HEALTH FACT:** Dehydrated vegetables maintain more of their nutritive value than canned or other types of packaged vegetables!

19015 – Vegetable Sampler (ZIP Pouch/15ct.)..... \$49.95



This sampler contains the ZIP Pouch size of the following popular vegetable choices: *Broccoli Flowerets, Green Cabbage, Diced Carrots, Sliced Celery, Whole Sweet Corn, Green Beans, Jalapeno Dices, Tangy Green & White Leeks, Chopped White Onions, Green Sweet Peas, Red & Green Bell Pepper Mix, Diced Potatoes (excellent flavor), Spinach Flakes, Tomato Dices, Tomato Powder.*

19016 – Vegetable Pantry Stuffer (Jar /16ct.)..... \$149.95

The Pantry Stuffer contains the JAR size of the following popular vegetable choices: *Broccoli Flowerets, Green Cabbage, Diced Carrots, Sliced Celery, Whole Sweet Corn, Green Beans, Jalapeno Dices, Tangy Green & White Leeks, Sliced Mushrooms, Chopped White Onions, Green Sweet Peas, Red & Green Bell Pepper Mix, Diced Potatoes, Spinach Flakes, Tomato Dices, Tomato Powder.*



19017 – Vegetable Family Pack (Jug /16ct.)..... \$399.95

The Family Pack contains the JUMBO JUG size of the following popular vegetable choices: *Broccoli Flowerets, Green Cabbage, Diced Carrots, Sliced Celery, Whole Sweet Corn, Green Beans, Jalapeno Dices, Tangy Green & White Leeks, Sliced Mushrooms, Chopped White Onions, Green Sweet Peas, Red & Green Bell Pepper Mix, Diced Potatoes, Sliced Potatoes, Spinach Flakes, Tomato Dices.*



Phone Orders: 1-800-696-1395

19020 – Bean & Legume Sampler (ZIP Pouch /8ct.) \$19.95

This sampler contains the ZIP Pouch size of the following popular bean & legume choices: *Lentils, Split Peas, Red Beans, Black Beans, Navy Beans, Great Northern Beans, Dark Kidney Beans, and Pinto Beans.*

19021 – Bean & Legume Pantry Stuffer (Jar /8ct.) \$69.95

Same as above (#19020) but with the JAR Size.

19022 – Bean & Legume Family Pack (Jug /8ct.)\$179.95

Same as above (#19020) but with the JUMBO JUG Size.

29010 – TVP Sampler (ZIP Pouch /6ct.) \$16.95

This sampler contains the ZIP Pouch size of the following popular TVP choices: *Chickenish Bits, Chickenish Chunks, Beefish bits, Beefish Chunks, Hamish Bits, & Taco Bits!*

29011 – TVP Pantry Stuffer (Jar /6ct.) \$49.95

Same as above (#29010) but with the JAR Size.

29012 – TVP Family Pack (Jug /6ct.)\$129.95

Same as above (#29010) but with the JUMBO JUG Size.



19030 – Super Deluxe Sampler (Bag /30ct.)..... \$69.95

Try 'em all the easy way! This sampler contains the ZIP Pouch size of a large variety of all our products, including the following: *Broccoli Flowerets, Green Cabbage, Diced Carrots, Sliced Celery, Whole Sweet Corn, Green Beans, Jalapeno Dices, Tangy Green & White Leeks, Chopped Onions, Green Sweet Peas, Red & Green Mixed Bell Peppers, Diced Potatoes, Spinach Flakes, Tomato Dices, Tomato Powder, Lentils, Split Peas, Red Beans, Black Beans, Navy Beans, Great Northern Beans, Dark Kidney Beans, Pinto Beans, Garbanzos, Beefish Bits, Beefish Chunks, Chickenish Bits, Hamish Bits, Taco Bits, Chickenish Chunks. (Vegetarian/Vegan)*

Free Shipping on \$99+ orders!

(Lower 48 United States Only. Alaska, Hawaii, & International orders, please call)

www.harmonyhousefoods.com



**Proven
Delicious!**

Recipes for the Trail



Savory Beans

3 Tbs. Red Beans
1 tsp. Onions
1 tsp. Mixed 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

¼ 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

¼ Cup Diced Potatoes
2 Tbs. Green Sweet 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 over prepared 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.

Pepper Corn Chowder

2 Tbs. Sweet Corn
2 Tbs. Mixed Peppers
1 Cup Water

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

Note to Backpackers & Campers: The recipes listed above are designed for one person. Vegetables & Beans do not have to be cooked or simmered. Each may be soaked in cold water until desired softness, or even eaten raw. Freeze Dried fruits & vegetables are excellent eaten raw, and do not require rehydration.

Phone Orders: 1-800-696-1395

The Backpacking Kit

Practical.. wholesome.. fresh!



All cooking times 15 minutes or less

Backpacker® magazine calls this “an insane deal, one that will lift your backwoods chow to new heights.” Each kit contains an approximate cup of the following dehydrated vegetables: Cabbage, Carrots (2), Celery, Sweet Corn, Green Beans, Chopped Onion, Sweet Peas (2), Red & Green Peppers, Potato Dices (2), Tomato Dices, Lentils, Red Beans, Black Beans, Northern Beans, Pinto Beans.

ITEM # 19040 –All ingredients are guaranteed fresh and delicious!

Only \$49.95

www.harmonyhousefoods.com

Food Storage Tips...

1. It is best to keep dehydrated & freeze-dried foods away from heat and humidity. The shelf life of our products is 12-24 months if stored properly. In most cases, a kitchen pantry is a perfect storage location.
2. If you desire a longer shelf life, products can be repackaged using a vacuum type sealer. Larger quantities can be stored in sealed buckets with oxygen absorbers added.
3. Food can be stored in the freezer if desired.
4. Freeze-dried foods can be “re-crisped” by storing it in the refrigerator.



Container Size Key

ZIP POUCH = 1 Cup

JAR = 1 Quart

JUMBO JUG = 1 Gallon

BULK BOX = 12" Cube



Harmony House Foods, Inc. will do everything possible to make sure you are satisfied with your purchase. If for any reason your order is not as expected, please contact Customer Service at (800) 696-1395.



Phone Orders: 1-800-696-1395



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