

Tasty!

Easy, Quick, & Healthy!™



**UNBELIEVABLE
BLACK BEAN CHILI**

Spicy Wild!



**Makes
5 Cups!**

5.75 oz.
(165g)

*Vegetarian/Vegan
Gourmet Blends*



**Meat Free
Dairy Free**

Easy Slow Cooker Method

Pour entire contents into a 1½-2 qt. Slow Cooker. Add 4 cups water. Cook slowly for 3-4 hours.

Stove Top Method

Pour entire contents into saucepan. Add 4 cups water and stir gently to blend seasonings. Bring to a boil. Reduce heat and simmer slowly for 10 minutes (longer for more tender texture), stirring occasionally. Cover, remove from heat, and let stand an additional 5 minutes. Stir gently and serve. May be reheated in the microwave.

Ingredients: Dehydrated black beans, Textured Soy Flour, dehydrated corn, onion, green pepper, celery, garlic; potato starch, tomato powder, nutritional yeast flakes, sea salt, crushed red pepper, chili powder, basil, cilantro, cumin.

CONTAINS SOY

Try them all!

Harmony House Foods, Inc.
181 Industrial Park Road * Franklin, NC 28734

WWW.GoHHF.COM

NUTRITION FACTS

Serving Size: 2/3 cup reconstituted

Servings Per Container: 8

Amount Per Serving

Calories 63 **Calories from Fat** 2

% Daily Value*

Total Fat 0 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 401mg 17%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 16%

Sugars 2g

Protein 4g

Vitamin A 4% * Vitamin C 37% * Calcium 3% * Iron 17%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Lot #1406