

Tasty!

Easy, Quick, & Healthy!™



CREAMY GOOD  
CORN CHOWDER



Makes  
5 Cups!

3.25 oz.  
(92 g.)

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 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:** Freeze Dried Corn, potato (freshness preserved with sodium bisulfite), bell peppers, onion; nutritional yeast flakes, sea salt, parsley, garlic powder, onion powder, vegan chicken flavor (salt, sugar, maltodextrin, yeast extract, onion powder, natural flavors, dehydrated carrot juice, beta carotene color, olive oil, garlic powder, spices).

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

[WWW.GoHHF.COM](http://WWW.GoHHF.COM)

### NUTRITION FACTS

Serving Size: 2/3 cup reconstituted  
Servings Per Container: 8

#### Amount Per Serving

**Calories** 21      Calories from Fat 0

**% Daily Value\***

**Total Fat** 0      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 322mg      13%

**Total Carbohydrate** 5g      2%

Dietary Fiber 1g      2%

Sugars 1g

**Protein** 1g

Vitamin A 2% \* Vitamin C 2% \* Calcium 0%

Iron 1%

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