

**Tasty!**

**Easy, Quick, & Healthy!**™

**GREAT NORTHERN BEAN STEW**

**Makes 5 Cups!**

**5.75 oz.**  
(165g)

*Vegetarian/Vegan  
Gourmet Blends*

**Meat Free  
Dairy Free**

U PAREVE



### 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 northern beans, potato (freshness preserved with sodium bisulfite), carrots, onion, celery; nutritional yeast flakes, sea salt, basil, 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** 67      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 3g      5%

**Saturated Fat** 0g      0%

*Trans Fat* 0g

**Cholesterol** 0mg      0%

**Sodium** 450mg      19%

**Total Carbohydrate** 17g      6%

**Dietary Fiber** 3g      12%

**Sugars** 2g

**Protein** 3g

Vitamin A 48% \* Vitamin C 5% \* Calcium  
2% \* Iron 106%

\*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